



## Pumpkin Cheesecake Squares

READY IN



185 min.

SERVINGS



16

CALORIES



361 kcal

DESSERT

### Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 1 cup oats
- ☐ 0.5 cup walnut pieces finely chopped
- ☐ 8 oz cream cheese softened
- ☐ 0.8 cup sugar
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 1 teaspoon ground ginger
- ☐ 3 eggs
- ☐ 2 cups cream sour
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla

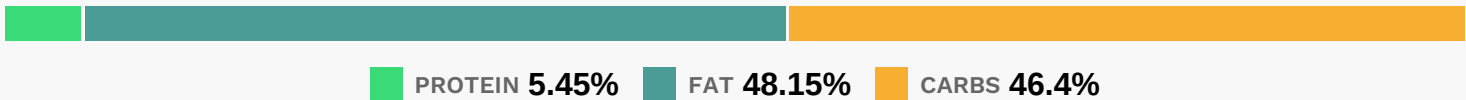
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer

## Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In medium bowl, mix flour and brown sugar. Using pastry blender, cut in butter until mixture looks like coarse crumbs. Stir in oats and walnuts. Press in bottom of pan; bake 15 minutes.
- ☐ In large bowl, beat filling ingredients with electric mixer on medium speed until well blended.
- ☐ Pour over hot base.
- ☐ Bake 20 to 25 minutes or until set and dry in center.
- ☐ Meanwhile, in small bowl, mix topping ingredients. Drop mixture by spoonfuls over pumpkin layer; spread evenly over hot filling.
- ☐ Bake about 5 minutes or until topping is set. Cool completely, about 2 hours.
- ☐ Cut into 4 rows by 4 rows. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:20.76, Glycemic Load:15.97, Inflammation Score:-9, Nutrition Score:9.5595652901608%

# Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

## Nutrients (% of daily need)

Calories: 360.69kcal (18.03%), Fat: 19.84g (30.53%), Saturated Fat: 7.52g (47.02%), Carbohydrates: 43.03g (14.34%), Net Carbohydrates: 39.77g (14.46%), Sugar: 25.27g (28.08%), Cholesterol: 61.97mg (20.66%), Sodium: 190.78mg (8.29%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 5.05g (10.11%), Vitamin A: 2874.51IU (57.49%), Manganese: 0.59mg (29.57%), Selenium: 9.94µg (14.2%), Fiber: 3.26g (13.02%), Vitamin B2: 0.21mg (12.1%), Phosphorus: 111.99mg (11.2%), Folate: 35.88µg (8.97%), Magnesium: 32.11mg (8.03%), Vitamin B1: 0.12mg (7.9%), Calcium: 77.24mg (7.72%), Vitamin B5: 0.72mg (7.18%), Iron: 1.29mg (7.15%), Copper: 0.13mg (6.35%), Vitamin B6: 0.11mg (5.51%), Potassium: 164.94mg (4.71%), Zinc: 0.69mg (4.58%), Vitamin E: 0.61mg (4.05%), Vitamin B3: 0.72mg (3.59%), Vitamin B12: 0.17µg (2.87%), Vitamin C: 1.26mg (1.53%), Vitamin D: 0.17µg (1.1%), Vitamin K: 1.1µg (1.05%)