



Pumpkin Cheesecake Tart with Honey Swiss Meringue

READY IN



790 min.

SERVINGS



8

CALORIES



809 kcal

DESSERT

Ingredients

- 0.3 cup firmly brown sugar light packed
- 7 tablespoons butter softened
- 15 oz pumpkin canned
- 16 oz cream cheese softened
- 1 large eggs
- 3 large eggs
- 2 cups flour all-purpose
- 0.5 cup granulated sugar

- 0.5 cup heavy cream
- 8 servings honey swiss meringue
- 1 teaspoon orange zest loosely packed
- 0.5 cup pecans toasted chopped
- 8 servings tart crust
- 1 cup powdered sugar
- 1.5 teaspoons pumpkin pie spice
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 0.3 teaspoon vanilla extract

Equipment

- food processor
- bowl
- paper towels
- oven
- knife
- whisk
- wire rack
- hand mixer
- aluminum foil
- tart form

Directions

- Prepare Tart Crust: Process pecans in a food processor 10 to 12 seconds or until finely ground.
- Beat butter at medium speed with an electric mixer 1 minute or until creamy. Gradually add powdered sugar and salt.
- Add egg, beating just until blended; stir in vanilla. Stir together flour and processed pecans; gradually add to butter mixture, beating at low speed until mixture is no longer crumbly and

forms a ball, pulling away from sides of bowl. Press dough on bottom and up sides of a 9-inch deep-dish tart pan with a removable bottom. Chill 1 hour or until firm.

- Preheat oven to 350
- Line crust with aluminum foil, and fill with pie weights or dried beans.
- Bake 20 minutes.
- Remove weights and foil; bake 12 to 14 more minutes or until crust is light brown. Cool completely on a wire rack (about 30 minutes). Increase temperature to 425
- Prepare Cream Cheese
- Layer: Beat cream cheese, sugar, and egg at low speed with an electric mixer until smooth. Stir in orange zest.
- Spread over bottom of crust.
- Prepare Pumpkin
- Whisk together pumpkin and next 5 ingredients until smooth; pour over cream cheese layer in crust. Cover tart edges with aluminum foil.
- Bake at 425 for 15 minutes; reduce temperature to 350, and bake 45 to 55 more minutes or until a knife inserted in center of pumpkin layer comes out clean.
- Transfer to a wire rack, and cool completely (about 1 hour). Cover and chill 8 to 12 hours.
- Gently blot any moisture that collected on top of tart during chilling with a paper towel.
- Spread Honey Swiss Meringue over tart. Brown meringue using a kitchen torch, holding torch 1 to 2 inches from meringue and moving torch back and forth.

Nutrition Facts



PROTEIN 6.27% **FAT 52.15%** **CARBS 41.58%**

Properties

Glycemic Index:35.55, Glycemic Load:29.86, Inflammation Score:-10, Nutrition Score:19.003478257552%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg,
Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 808.77kcal (40.44%), Fat: 47.72g (73.42%), Saturated Fat: 24.22g (151.38%), Carbohydrates: 85.6g (28.53%), Net Carbohydrates: 81.99g (29.81%), Sugar: 46.58g (51.75%), Cholesterol: 193.41mg (64.47%), Sodium: 608.01mg (26.44%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 12.91g (25.82%), Vitamin A: 9699.53IU (193.99%), Manganese: 0.75mg (37.55%), Selenium: 25.74µg (36.77%), Vitamin B2: 0.51mg (30.16%), Vitamin B1: 0.38mg (25.65%), Folate: 98.01µg (24.5%), Phosphorus: 207.68mg (20.77%), Iron: 3.6mg (20.02%), Fiber: 3.61g (14.43%), Vitamin B3: 2.8mg (14%), Vitamin E: 1.95mg (12.97%), Vitamin B5: 1.26mg (12.65%), Vitamin K: 13.07µg (12.45%), Calcium: 120.04mg (12%), Copper: 0.23mg (11.65%), Magnesium: 40.71mg (10.18%), Potassium: 334.96mg (9.57%), Zinc: 1.37mg (9.13%), Vitamin B6: 0.15mg (7.72%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.74µg (4.92%), Vitamin C: 2.85mg (3.46%)