



Pumpkin Cheesecake with Caramel Sauce

 Popular

READY IN



520 min.

SERVINGS



16

CALORIES



454 kcal

DESSERT

Ingredients

- 2 cups graham flour crushed bear-shaped (from 10-oz box)
- 0.3 cup butter melted
- 32 oz cream cheese softened
- 1.5 cups granulated sugar
- 4 eggs
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 2 teaspoons pumpkin pie spice
- 0.8 teaspoon ground cardamom

- 0.3 cup brown sugar packed
- 0.3 cup corn syrup dark light
- 2 tablespoons butter
- 0.3 cup whipping cream
- 1 tablespoon rum extract
- 1 serving garnish: whipped cream sweetened

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- hand mixer
- aluminum foil
- spatula
- springform pan

Directions

- Heat oven to 300°F. Spray 9-inch springform pan with cooking spray. Wrap foil around pan to catch drips. In small bowl, mix crust ingredients. Press mixture in bottom and 1 inch up side of pan.
- Bake 8 to 10 minutes or until set. Cool 5 minutes. To minimize cracking, place shallow pan half full of hot water on lower oven rack.
- In large bowl, beat cream cheese and granulated sugar with electric mixer on medium speed until light and fluffy. Beat in eggs, one at a time, just until blended. Spoon 3 cups of the mixture onto crust; spread evenly. To remaining cream cheese mixture, add pumpkin, pumpkin pie spice and cardamom; mix with wire whisk until smooth. Spoon over mixture in pan.

- Bake 1 hour 15 minutes to 1 hour 25 minutes or until edge of cheesecake is set at least 2 inches from edge of pan but center of cheesecake still jiggles slightly when moved. Run small metal spatula around edge of pan to loosen cheesecake. Turn oven off; open oven door at least 4 inches.
- Let cheesecake remain in oven 30 minutes. Cool in pan on cooling rack 30 minutes. Cover loosely; refrigerate at least 6 hours but no longer than 24 hours.
- In small saucepan, heat brown sugar, corn syrup and 2 tablespoons butter to boiling over medium-low heat, stirring constantly. Boil 5 minutes, stirring occasionally. Stir in whipping cream; heat to boiling.
- Remove from heat; stir in rum. Cool until warm.
- Just before serving, run small metal spatula around edge of pan; carefully remove side of pan. Top individual slices with warm sauce and a dollop of whipped cream. Cover and refrigerate any remaining cheesecake.

Nutrition Facts

PROTEIN 6.26% **FAT 52.26%** **CARBS 41.48%**

Properties

Glycemic Index:15.44, Glycemic Load:18.92, Inflammation Score:-8, Nutrition Score:7.1234782338142%

Nutrients (% of daily need)

Calories: 453.7kcal (22.69%), Fat: 27.06g (41.63%), Saturated Fat: 13.9g (86.89%), Carbohydrates: 48.32g (16.11%), Net Carbohydrates: 44.86g (16.31%), Sugar: 31.04g (34.49%), Cholesterol: 104.07mg (34.69%), Sodium: 292.7mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.57%), Vitamin A: 2486.73IU (49.73%), Fiber: 3.46g (13.85%), Selenium: 8.99µg (12.84%), Vitamin B2: 0.22mg (12.75%), Phosphorus: 95.9mg (9.59%), Calcium: 79.98mg (8%), Manganese: 0.15mg (7.68%), Vitamin B5: 0.71mg (7.1%), Iron: 1.11mg (6.16%), Vitamin E: 0.82mg (5.47%), Vitamin B6: 0.08mg (4.17%), Folate: 16.55µg (4.14%), Vitamin B12: 0.24µg (3.95%), Potassium: 133.1mg (3.8%), Zinc: 0.5mg (3.36%), Magnesium: 11.21mg (2.8%), Vitamin D: 0.3µg (2.01%), Copper: 0.04mg (1.95%), Vitamin B1: 0.02mg (1.54%), Vitamin K: 1.46µg (1.39%)