



## Pumpkin Cream Cheese

 Popular

READY IN



45 min.

SERVINGS



18

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 tsp allspice
- ☐ 0.5 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 4 TBSP brown sugar
- ☐ 1 brownie mix prepared
- ☐ 4 TBSP butter melted
- ☐ 1.3 cups buttermilk (\*I used powdered)
- ☐ 0.5 c pumpkin pie filling/mix canned (not pumpkin pie filling)

- ☐ 4 TBSP pumpkin puree   canned
- ☐ 15 oz pumpkin puree   canned
- ☐ 0.5 c chocolate chips   mini
- ☐ 18 servings chocolate chips   mini
- ☐ 0.5 tsp cinnamon
- ☐ 1 box cinnamon   (I use Ghirardelli or Duncan Hines)
- ☐ 1 tsp cinnamon
- ☐ 6 oz cream cheese   softened
- ☐ 8 oz cream cheese   softened
- ☐ 1 eggs
- ☐ 2 egg whites
- ☐ 2 eggs
- ☐ 1.3 cup flour   all-purpose
- ☐ 2 TBSP flour
- ☐ 1 box chocolate cake mix
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup pumpkin
- ☐ 0.5 tsp pumpkin pie spice
- ☐ 1 tsp pumpkin pie spice
- ☐ 0.3 tsp salt
- ☐ 0.3 cup sugar
- ☐ 1 tsp vanilla
- ☐ 0.3 tsp vanilla extract   pure
- ☐ 2 TBSP water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

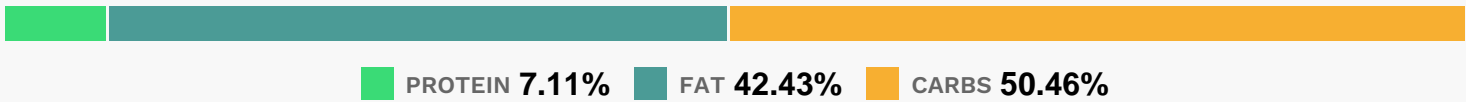
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

## Directions

- ☐ Beat all ingredients together until smooth. Refrigerate. Preheat a skillet over medium heat. Coat pan with no stick spray.
- ☐ Combine eggs, buttermilk, butter, pumpkin, sugar, and salt in a large bowl. Use an electric mixer to blend ingredients.
- ☐ Add dry ingredients to wet ingredients and blend with mixer until smooth.
- ☐ Pour or scoop the batter onto hot skillet, using approximately 1/4 cup for each pancake. When the batter stops bubbling and edges begin to harden, flip the pancakes. They should be golden brown. This will take from 1 to 2 minutes. Flip the pancakes and cook other side for the same amount of time, until golden brown.
- ☐ Serve warm with syrup. Preheat oven to 35
- ☐ Grease an 8-inch x8 inch square metal pan.
- ☐ Mix brownie batter and cinnamon in bowl. In separate bowl, beat together cheesecake batter.
- ☐ Spread about 2/3 of brownie batter into prepared pan, and spoon cheesecake batter over top. Dollop remaining brownie batter over cheesecake batter. Swirl together with a knife.
- ☐ Bake for 40 minutes, or until center is set. Cool completely on wire rack and chill before cutting and serving! Preheat the oven to 37
- ☐ Spray the insides of your muffin liners with no stick pray, otherwise the muffins will stick to the paper.
- ☐ Place in muffin tins. In a large bowl, whisk the egg whites until a little foamy.
- ☐ Add in the remaining ingredients and stir until well-blended. Use an icecream scooper to fill prepared baking cups.

- ☐ Bake for about 18–20 minutes until a toothpick comes out clean.
- ☐ Sprinkle with a few mini chocolate chips as soon as they come out of the oven!
- ☐ Remove from pans and let cool on a rack.

## Nutrition Facts



## Properties

Glycemic Index:34.4, Glycemic Load:10.54, Inflammation Score:-10, Nutrition Score:12.024347844331%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

## Nutrients (% of daily need)

Calories: 345.09kcal (17.25%), Fat: 16.78g (25.81%), Saturated Fat: 8.35g (52.17%), Carbohydrates: 44.89g (14.96%), Net Carbohydrates: 42.3g (15.38%), Sugar: 24.78g (27.53%), Cholesterol: 59.07mg (19.69%), Sodium: 424.23mg (18.44%), Alcohol: 0.1g (100%), Alcohol %: 0.09% (100%), Protein: 6.33g (12.66%), Vitamin A: 5549.68IU (110.99%), Selenium: 11.96µg (17.08%), Phosphorus: 146.14mg (14.61%), Vitamin B2: 0.24mg (14.28%), Manganese: 0.27mg (13.58%), Iron: 2.33mg (12.93%), Calcium: 114.26mg (11.43%), Folate: 45.24µg (11.31%), Fiber: 2.59g (10.35%), Vitamin B1: 0.14mg (9.41%), Copper: 0.17mg (8.29%), Potassium: 240.66mg (6.88%), Magnesium: 26.84mg (6.71%), Vitamin E: 0.95mg (6.35%), Vitamin B5: 0.59mg (5.93%), Vitamin K: 6.17µg (5.88%), Vitamin B3: 1.15mg (5.75%), Zinc: 0.62mg (4.12%), Vitamin B6: 0.08mg (3.79%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.36µg (2.42%), Vitamin C: 1.77mg (2.15%)