



WHATSheATE



Pumpkin-Hazelnut Cheesecake

READY IN



595 min.

SERVINGS



14

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter at room temperature
- ☐ 2 tablespoons canola oil
- ☐ 2 large egg whites
- ☐ 2 large egg yolks
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 cup ground hazelnuts
- ☐ 2 tablespoons hazelnuts toasted chopped
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 1 cup pumpkin unsweetened
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup non-dairy whipped topping fat-free frozen thawed
- ☐ 1 tablespoon frangelico (hazelnut liqueur)

Equipment

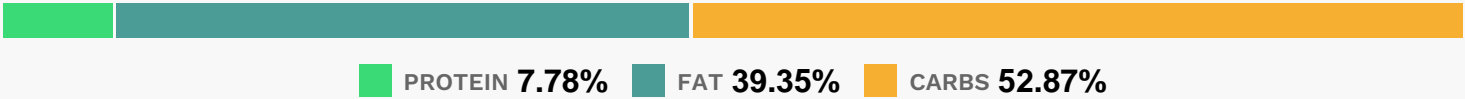
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, sprinkle hazelnut flour evenly on a rimmed baking sheet.

- ☐ Bake at 350 for 10 minutes or until the color of peanut butter, stirring once. Cool.
- ☐ Combine 1/2 cup sugar, oil, and butter in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add egg whites; beat until well blended.
- ☐ Add liqueur; beat 1 minute.
- ☐ Weigh or lightly spoon all-purpose flour into a dry measuring cup; level with a knife.
- ☐ Combine hazelnut flour, all-purpose flour, baking powder, and dash of salt in a bowl.
- ☐ Add flour mixture to sugar mixture. Beat at low speed 1 minute. Spoon batter evenly into a 9-inch springform pan coated with baking spray.
- ☐ Bake at 350 for 15 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack.
- ☐ Reduce oven temperature to 30
- ☐ To prepare cheesecake, place cream cheese and ricotta cheese in a large bowl. Beat with a mixer at medium-high speed until smooth (about 3 minutes).
- ☐ Add 3/4 cup sugar and next 6 ingredients (through egg yolks); beat at low speed until smooth.
- ☐ Add pumpkin; stir gently until combined.
- ☐ Pour cheesecake batter over top of cooled cake.
- ☐ Bake at 300 for 1 hour or until cheesecake center barely moves when pan is touched.
- ☐ Remove cheesecake from oven. Run a knife around outside edge. Cool on a wire rack. Cover and chill 8 hours or overnight.
- ☐ To prepare brittle, cover a large baking sheet with parchment paper. Draw a 14 x 2-inch area on paper; sprinkle nuts inside marked space.
- ☐ Place 1/3 cup sugar in a small, heavy saucepan over medium heat, and cook until sugar dissolves, stirring gently as needed to dissolve sugar evenly (about 2 minutes). Continue cooking 1 minute or until golden (do not stir).
- ☐ Drizzle caramelized sugar over nuts.
- ☐ Let stand 10 minutes or until firm; break into 14 pieces. Slice cheesecake into 14 slices; top each serving with about 1 1/2 teaspoons whipped topping and 1 piece brittle.
- ☐ Nutrition Note: If you substitute an equivalent amount of whipped cream for the whipped topping to garnish, you will add 10 calories, 6g fat, and 1g sat fat to each serving.

Nutrition Facts



Properties

Glycemic Index:38.16, Glycemic Load:17.83, Inflammation Score:-5, Nutrition Score:4.2039130615151%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg

Nutrients (% of daily need)

Calories: 204.43kcal (10.22%), Fat: 9.18g (14.12%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 27g (9.82%), Sugar: 23.58g (26.2%), Cholesterol: 60.27mg (20.09%), Sodium: 97.32mg (4.23%), Alcohol: 0.1g (100%), Alcohol %: 0.18% (100%), Protein: 4.08g (8.17%), Vitamin A: 868.52IU (17.37%), Selenium: 7.28µg (10.4%), Vitamin B2: 0.13mg (7.64%), Manganese: 0.14mg (6.99%), Vitamin E: 0.85mg (5.65%), Phosphorus: 55.54mg (5.55%), Calcium: 50.01mg (5%), Folate: 17.17µg (4.29%), Iron: 0.74mg (4.11%), Vitamin B1: 0.05mg (3.34%), Vitamin B12: 0.18µg (3.06%), Fiber: 0.75g (2.99%), Copper: 0.05mg (2.67%), Vitamin B5: 0.27mg (2.66%), Zinc: 0.37mg (2.44%), Potassium: 77.66mg (2.22%), Vitamin B6: 0.04mg (2.04%), Vitamin K: 2µg (1.9%), Vitamin D: 0.28µg (1.89%), Magnesium: 7.25mg (1.81%), Vitamin B3: 0.28mg (1.42%), Vitamin C: 1.03mg (1.25%)