



Pumpkin Maple Pecan Cheesecake

 Vegetarian

READY IN



415 min.

SERVINGS



8

CALORIES



919 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 15 ounce pumpkin canned
- ☐ 24 ounce cream cheese softened
- ☐ 3 large eggs for 30 minutes at room temperature
- ☐ 1.3 cups graham cracker crumbs (from approximately 12 graham crackers)
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.3 cup grade b maple syrup pure

- ☐ 0.8 cup grade b maple syrup pure
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.3 cup sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 cup whipping cream

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ ziploc bags
- ☐ springform pan
- ☐ rolling pin

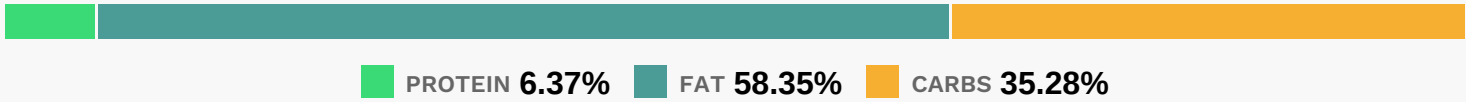
Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ For the cheesecake: Finely crush the graham crackers in a plastic bag with a rolling pin or use a food processor. In a large bowl, combine the graham cracker crumbs, sugar, and melted butter and firmly press into the bottom of 9-inch springform pan.
- ☐ In a standing mixer with a paddle attachment, mix the cream cheese until fluffy. Gradually mix in the sweetened condensed milk until smooth. With the mixer on medium, add the pumpkin, eggs, maple syrup, cinnamon, nutmeg, and salt.
- ☐ Mix well and pour into the springform pan.
- ☐ Bake until the center appears nearly set, but jiggles a little when shaken, 1 hour and 15 minutes. Cool for 1 hour. Cover and chill overnight, or for at least 4 hours.
- ☐ For the glaze: In a medium-sized saucepan, combine the whipping cream and pure maple syrup and bring it to a boil. Boil until slightly thickened, 15 to 20 minutes, stirring occasionally.

Stir in the chopped pecans. Cover and chill until time to serve. Stir before serving.

☐ To serve: Spoon the Maple Pecan Glaze over the cheesecake.

Nutrition Facts



Properties

Glycemic Index:55.01, Glycemic Load:39.64, Inflammation Score:-10, Nutrition Score:23.176087109939%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg

Nutrients (% of daily need)

Calories: 918.77kcal (45.94%), Fat: 60.87g (93.65%), Saturated Fat: 31.97g (199.83%), Carbohydrates: 82.83g (27.61%), Net Carbohydrates: 79.58g (28.94%), Sugar: 66.94g (74.38%), Cholesterol: 221.39mg (73.8%), Sodium: 654.35mg (28.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.9%), Vitamin A: 10270.17IU (205.4%), Manganese: 1.56mg (77.8%), Vitamin B2: 1.13mg (66.72%), Phosphorus: 348.56mg (34.86%), Calcium: 335.51mg (33.55%), Selenium: 22.03µg (31.47%), Potassium: 621.55mg (17.76%), Magnesium: 67.02mg (16.75%), Zinc: 2.33mg (15.54%), Vitamin B5: 1.53mg (15.3%), Vitamin B1: 0.22mg (14.51%), Vitamin E: 2.16mg (14.41%), Fiber: 3.25g (13%), Iron: 2.21mg (12.28%), Vitamin K: 12.57µg (11.97%), Copper: 0.23mg (11.38%), Vitamin B12: 0.63µg (10.53%), Folate: 38.61µg (9.65%), Vitamin B6: 0.18mg (9.08%), Vitamin D: 0.95µg (6.33%), Vitamin B3: 1.1mg (5.51%), Vitamin C: 3.84mg (4.65%)