



Pumpkin-Orange Cheesecake with Chocolate Crust and Salted Caramel

READY IN



180 min.

SERVINGS



16

CALORIES



526 kcal

DESSERT

Ingredients

- ☐ 1 cup pumpkin canned
- ☐ 6 tablespoons caramel topping store-bought
- ☐ 9 oz chocolate wafers such as nabisco famous
- ☐ 24 oz cream cheese at room temperature
- ☐ 4 large eggs at room temperature
- ☐ 1 tablespoon flour
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 cup heavy cream

- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup maple syrup
- ☐ 2 orange zest
- ☐ 0.5 cup pecans toasted coarsely chopped
- ☐ 16 servings crust
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 16 servings salt flaked for garnish (such as Cyprus sea salt flakes or Maldon salt)
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup butter unsalted melted

Equipment

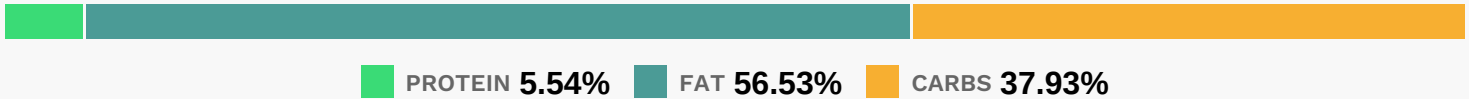
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Make crust: Preheat oven to 35
- ☐ Whirl cookies in a food processor until finely ground. Whirl in butter just until incorporated.
- ☐ Pour crumbs into a 9-in. springform pan and press over bottom and about 1 in. up inside of pan.
- ☐ Bake 7 minutes, then let cool on a rack. Reduce oven heat to 30

- ☐ Make filling: In a large bowl, with a mixer on medium speed, beat cream cheese, sugars, and flour until smooth. Beat in eggs on low speed 1 at a time.
- ☐ Add remaining filling ingredients and beat until just blended. Wrap bottom of pan with foil, pressing it up the outside.
- ☐ Set springform pan in a roasting pan and pour filling into crust.
- ☐ Pour enough boiling water into roasting pan to come about halfway up side of springform pan.
- ☐ Bake until cheesecake barely jiggles in the center when gently shaken, about 1 1/4 hours.
- ☐ Let cheesecake cool on a rack 1 hour, then chill until cold, at least 5 hours.
- ☐ Whisk caramel topping and table salt in a bowl and spoon over cheesecake. Arrange pecans around rim and sprinkle flaked salt over pecans.
- ☐ *Flaked salt has large, hollow, crunchy crystals. Find it at well-stocked grocery stores and online.

Nutrition Facts



Properties

Glycemic Index:16.76, Glycemic Load:14.16, Inflammation Score:-9, Nutrition Score:11.143478414287%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 526.1kcal (26.3%), Fat: 33.75g (51.93%), Saturated Fat: 16.48g (103.03%), Carbohydrates: 50.96g (16.99%), Net Carbohydrates: 48.94g (17.8%), Sugar: 31.81g (35.34%), Cholesterol: 111.34mg (37.11%), Sodium: 574.53mg (24.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Vitamin A: 3293.57IU (65.87%), Manganese: 0.54mg (27.17%), Vitamin B2: 0.33mg (19.46%), Selenium: 10.54µg (15.06%), Phosphorus: 131.44mg (13.14%), Iron: 1.9mg (10.56%), Vitamin B1: 0.14mg (9.38%), Folate: 36.75µg (9.19%), Calcium: 90.44mg (9.04%), Copper: 0.17mg (8.47%), Fiber: 2.02g (8.09%), Vitamin E: 1.14mg (7.6%), Vitamin B5: 0.73mg (7.28%), Magnesium: 27.82mg (6.96%), Vitamin B3: 1.24mg (6.19%), Potassium: 212.42mg (6.07%), Zinc: 0.89mg (5.92%), Vitamin K: 6.16µg (5.87%), Vitamin B6: 0.09mg (4.43%), Vitamin B12: 0.26µg (4.3%), Vitamin C: 2.87mg (3.48%), Vitamin D:

0.42μg (2.77%)