



## Pumpkin-Pecan Cheesecake

READY IN



692 min.

SERVINGS



12

CALORIES



651 kcal

DESSERT

### Ingredients

- 5 tablespoons butter melted
- 1.5 cups pumpkin canned
- 32 oz cream cheese softened
- 4 large eggs
- 12 servings garnishes: pecan pie-glazed pecans fresh coarsely chopped
- 2 cups graham cracker crumbs
- 1 cup granulated sugar
- 1.5 tablespoons juice of lemon
- 3 tablespoons brown sugar light

- 0.3 cup pecans finely chopped
- 12 servings praline topping
- 1 teaspoon vanilla extract

## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- stand mixer
- springform pan

## Directions

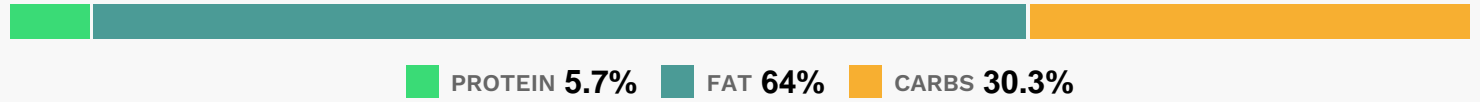
- Preheat oven to 325
- Stir together first 4 ingredients in a bowl until well blended. Press mixture on bottom and 1 1/2 inches up sides of a 9-inch springform pan.
- Bake 8 to 10 minutes or until lightly browned.
- Beat cream cheese and next 2 ingredients at medium speed with a heavy-duty electric stand mixer until blended and smooth.
- Add eggs, 1 at a time, beating just until blended after each addition.
- Add pumpkin and lemon juice, beating until blended.
- Pour batter into prepared crust. (Pan will be very full.)
- Bake at 325 for 1 hour to 1 hour and 10 minutes or until almost set. Turn oven off.
- Let cheesecake stand in oven, with door closed, 15 minutes.
- Remove cheesecake from oven, and gently run a knife around outer edge of cheesecake to loosen from sides of pan. (Do not remove sides of pan.) Cool completely on a wire rack (about 1 hour). Cover and chill 8 to 24 hours.
- Remove sides and bottom of pan, and transfer cheesecake to a serving plate. Prepare Praline Topping; immediately pour slowly over top of cheesecake, spreading to within 1/4 inch of

edge.

Garnish, if desired.

Try This Twist! Sweet Potato–Pecan Cheesecake: Substitute 1 1/2 cups mashed, cooked sweet potatoes for canned pumpkin. Proceed with recipe as directed, baking 1 hour or until almost set.

## Nutrition Facts



## Properties

Glycemic Index:19.26, Glycemic Load:20.32, Inflammation Score:-10, Nutrition Score:12.092173918434%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg 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: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 651.47kcal (32.57%), Fat: 47.14g (72.52%), Saturated Fat: 20.28g (126.76%), Carbohydrates: 50.21g (16.74%), Net Carbohydrates: 47.52g (17.28%), Sugar: 37.24g (41.38%), Cholesterol: 150.91mg (50.3%), Sodium: 506.9mg (22.04%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 9.45g (18.9%), Vitamin A: 6019.06IU (120.38%), Vitamin B2: 0.31mg (18.28%), Selenium: 12.07µg (17.25%), Phosphorus: 163.94mg (16.39%), Calcium: 128.1mg (12.81%), Fiber: 2.69g (10.75%), Iron: 1.85mg (10.3%), Manganese: 0.2mg (10.11%), Vitamin E: 1.36mg (9.04%), Vitamin B5: 0.85mg (8.49%), Magnesium: 28.79mg (7.2%), Zinc: 1.07mg (7.14%), Vitamin K: 7.08µg (6.74%), Potassium: 234.06mg (6.69%), Folate: 26.04µg (6.51%), Vitamin B1: 0.08mg (5.63%), Vitamin B6: 0.11mg (5.54%), Vitamin B12: 0.33µg (5.42%), Copper: 0.11mg (5.28%), Vitamin B3: 0.77mg (3.85%), Vitamin C: 2.05mg (2.48%), Vitamin D: 0.33µg (2.22%)