



Pumpkin Pecan Cheesecake



Vegetarian



Popular

READY IN



540 min.

SERVINGS



12

CALORIES



660 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 0.3 cup butter
- ☐ 5 tablespoons butter melted
- ☐ 1.5 cups pumpkin puree canned
- ☐ 32 oz cream cheese softened
- ☐ 4 eggs
- ☐ 2 cups graham cracker crumbs
- ☐ 1 cup granulated sugar

- ☐ 4.5 teaspoons juice of lemon
- ☐ 1 cup brown sugar light packed
- ☐ 0.3 cup pecans finely chopped
- ☐ 1 cup powdered sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ spatula
- ☐ springform pan

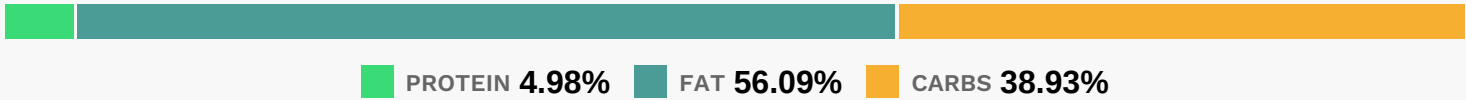
Directions

- ☐ Heat oven to 325F. In small bowl, mix crust ingredients. Press on bottom and 1 1/2 inches up side of 9-inch springform pan.
- ☐ Bake 8 to 10 minutes or until set. Cool 10 minutes.
- ☐ Beat cream cheese, sugar and 1 teaspoon vanilla with electric mixer on medium until smooth. Beat in eggs, one at a time, just until blended. Beat in pumpkin and lemon juice.
- ☐ Pour over crust.
- ☐ Bake 1 hour to 1 hour 10 minutes or until edge is set 2 inches from edge of pan (center will jiggle). Turn oven off; open door 4 inches. Leave cheesecake in oven 30 minutes. Run small metal spatula around edge of pan to loosen. Cool 30 minutes. Refrigerate 6 hours.
- ☐ In 1-quart saucepan, heat 1 cup brown sugar, the whipping cream and 1/4 cup butter to boiling over medium heat, stirring often. Boil and stir 1 minute; remove from heat. Stir in powdered sugar and 1 teaspoon vanilla.
- ☐ Let stand 5 minutes, stirring occasionally.

- ☐
- Remove side of springform pan; place cheesecake on serving plate.

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Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:20.32, Inflammation Score:-10, Nutrition Score:12.036521725033%

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: 659.98kcal (33%), Fat: 42.08g (64.73%), Saturated Fat: 23.13g (144.57%), Carbohydrates: 65.72g (21.91%), Net Carbohydrates: 64.06g (23.29%), Sugar: 54.64g (60.71%), Cholesterol: 161.09mg (53.7%), Sodium: 428.09mg (18.61%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 8.4g (16.8%), Vitamin A: 6223.61IU (124.47%), Vitamin B2: 0.32mg (18.63%), Selenium: 11.96µg (17.09%), Phosphorus: 164.71mg (16.47%), Calcium: 127.71mg (12.77%), Manganese: 0.21mg (10.5%), Vitamin E: 1.48mg (9.87%), Iron: 1.6mg (8.87%), Vitamin B5: 0.86mg (8.64%), Magnesium: 30.28mg (7.57%), Potassium: 260.46mg (7.44%), Vitamin K: 7.59µg (7.23%), Zinc: 1.06mg (7.09%), Fiber: 1.66g (6.64%), Folate: 25.65µg (6.41%), Vitamin B6: 0.12mg (5.86%), Vitamin B1: 0.08mg (5.66%), Copper: 0.11mg (5.53%), Vitamin B12: 0.33µg (5.42%), Vitamin B3: 0.79mg (3.96%), Vitamin D: 0.4µg (2.66%), Vitamin C: 2.08mg (2.53%)