



Pumpkin Pie Cheesecake

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup pumpkin canned
- ☐ 8 ounce block cream cheese fat-free
- ☐ 2 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup graham cracker crumbs 4 cookie sheets
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

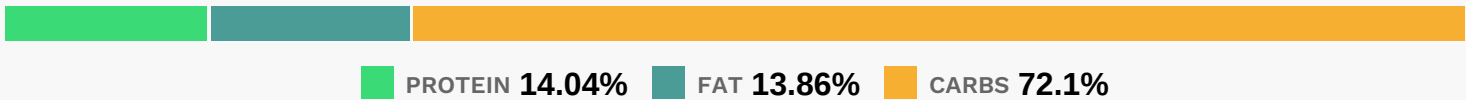
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ springform pan

Directions

- ☐ Preheat oven to 32
- ☐ Coat an 8-inch springform pan with cooking spray, and sprinkle pan evenly with crumbs.
- ☐ Combine sugars and cream cheeses in a large bowl; beat with a mixer at medium speed until smooth.
- ☐ Add pumpkin and next 9 ingredients (through eggs), and beat well.
- ☐ Pour cheese mixture into prepared pan.
- ☐ Bake at 325 for 35 minutes or until center is just set. Turn oven off, and partially open oven door. Cool cheesecake in oven 1 hour.
- ☐ Remove cheesecake from oven, and cover. Chill at least 8 hours or overnight.
- ☐ Serve with whipped topping, and sprinkle topping with cinnamon, if desired.

Nutrition Facts



Properties

Glycemic Index:36.76, Glycemic Load:16.45, Inflammation Score:-10, Nutrition Score:9.8182608303816%

Nutrients (% of daily need)

Calories: 198.84kcal (9.94%), Fat: 3.12g (4.8%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 35.28g (12.83%), Sugar: 30.39g (33.76%), Cholesterol: 51.05mg (17.02%), Sodium: 333.74mg (14.51%), Alcohol: 0.13g (100%), Alcohol %: 0.15% (100%), Protein: 7.1g (14.2%), Vitamin A: 4862.52IU (97.25%), Phosphorus: 201.71mg (20.17%), Calcium: 134mg (13.4%), Vitamin B2: 0.18mg (10.48%), Selenium: 6.14µg (8.78%), Manganese: 0.15mg (7.53%), Vitamin B12: 0.4µg (6.71%), Folate: 24.22µg (6.06%), Iron: 1.07mg (5.92%), Vitamin B5: 0.57mg (5.67%), Potassium: 193.35mg (5.52%), Zinc: 0.78mg (5.2%), Vitamin K: 5.25µg (5%), Magnesium: 19.92mg (4.98%), Fiber: 1.2g (4.8%), Vitamin E: 0.5mg (3.33%), Vitamin B6: 0.06mg (3.19%), Copper: 0.06mg (3.12%), Vitamin B1: 0.05mg (3.04%), Vitamin B3: 0.47mg (2.36%), Vitamin D: 0.26µg (1.71%), Vitamin C: 1.32mg (1.6%)