



Pumpkin Praline Cheesecake

READY IN



65 min.

SERVINGS



16

CALORIES



321 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar divided packed
- ☐ 0.3 cup butter melted
- ☐ 1.5 cups pumpkin canned
- ☐ 1 tablespoon cornstarch
- ☐ 750 g cream cheese softened philadelphia®
- ☐ 3 eggs
- ☐ 0.8 cup honey maid graham crumbs
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup pecans chopped
- ☐ 2 tablespoons water
- ☐ 0.5 cup cool whip whipped topping thawed

Equipment

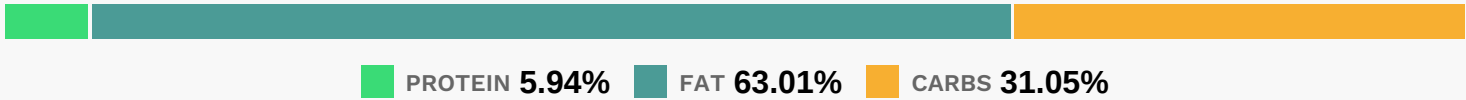
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ springform pan

Directions

- ☐ Mix graham crumbs, nuts, 1/4 cup each brown and granulated sugar, and butter; press onto bottom of 9-inch springform pan. Refrigerate 1 hour.
- ☐ Heat oven to 350 degrees F.
- ☐ Whisk pumpkin, remaining brown sugar, eggs and spices until well blended. Beat cream cheese, remaining granulated sugar and cornstarch in large bowl with mixer until well blended.
- ☐ Add pumpkin mixture; mix just until blended.
- ☐ Pour over crust.
- ☐ Bake 45 to 50 min. or until centre is almost set. Run knife around rim of pan to loosen cake; cool completely before removing rim. Refrigerate 4 hours. Meanwhile, prepare Praline.
- ☐ Praline: Bring sugar and water to boil in small saucepan on medium-high heat, stirring constantly. Continue boiling, without stirring, 5 to 7 min. or until syrup is thickened and golden brown.

- ☐ Remove from heat. Stir in nuts.
- ☐ Spread onto parchment-covered baking sheet. Cool. Break into bite-size pieces.
- ☐ Top Cheesecake with Cool Whip and Praline just before serving.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:7.21, Inflammation Score:-10, Nutrition Score:8.6352174644885%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 320.74kcal (16.04%), Fat: 23.05g (35.46%), Saturated Fat: 12.14g (75.87%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 24.31g (8.84%), Sugar: 20.41g (22.68%), Cholesterol: 85.71mg (28.57%), Sodium: 213.63mg (9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.79%), Vitamin A: 4341.62IU (86.83%), Manganese: 0.26mg (12.87%), Vitamin B2: 0.18mg (10.38%), Selenium: 7.09µg (10.13%), Phosphorus: 95.34mg (9.53%), Calcium: 74.82mg (7.48%), Vitamin E: 0.88mg (5.86%), Vitamin B5: 0.53mg (5.33%), Fiber: 1.25g (5.01%), Vitamin K: 5.19µg (4.94%), Iron: 0.88mg (4.86%), Magnesium: 18.49mg (4.62%), Potassium: 160.44mg (4.58%), Copper: 0.09mg (4.43%), Zinc: 0.63mg (4.18%), Vitamin B6: 0.07mg (3.49%), Vitamin B1: 0.05mg (3.47%), Folate: 13.76µg (3.44%), Vitamin B12: 0.19µg (3.12%), Vitamin B3: 0.35mg (1.73%), Vitamin C: 1.01mg (1.23%), Vitamin D: 0.17µg (1.1%)