



## Pumpkin-Streusel Cheesecake

READY IN



45 min.

SERVINGS



12

CALORIES



280 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 15 ounce pumpkin canned
- ☐ 2 tablespoons cornstarch
- ☐ 8 ounce block cream cheese fat-free
- ☐ 4 large egg whites
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.5 cup gingersnaps crushed finely ( 8 cookies, )

- ☐ 0.8 cup gingersnaps crushed finely ( 12 cookies, )
- ☐ 1.3 cups granulated sugar
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon butter light
- ☐ 1 tablespoon butter light melted
- ☐ 8 ounce cream cheese light
- ☐ 1 cup curd cottage cheese 1% low-fat
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 1 teaspoon vanilla extract

## Equipment

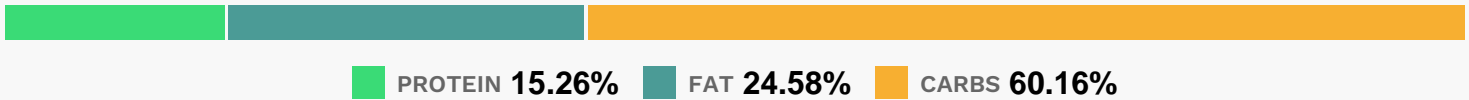
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ springform pan

## Directions

- ☐ Preheat oven to 37
- ☐ To prepare piecrust, combine 3/4 cup crumbs and 1 tablespoon melted butter in a bowl, and toss with a fork until moist. Press into bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 375 for 5 minutes; cool on a wire rack. Reduce oven temperature to 32

- ☐ To prepare filling, place cottage cheese in a blender or food processor, and process until smooth.
- ☐ Combine the cottage cheese and cream cheeses in a large bowl, and beat at high speed of a mixer until smooth.
- ☐ Add granulated sugar and next 8 ingredients (granulated sugar through pumpkin); beat well.
- ☐ Add egg whites and eggs, 1 at a time, beating well after each addition.
- ☐ Pour filling into prepared crust; bake at 325 for 1 hour and 20 minutes.
- ☐ To prepare streusel topping, combine 1/2 cup crumbs, 1/4 cup flour, and brown sugar in a small bowl; cut in 1 tablespoon light butter with a pastry blender or 2 knives until the mixture resembles coarse meal.
- ☐ Sprinkle over cheesecake, and bake an additional 10 minutes or until set. Cheesecake is done when the center barely moves when the pan is jiggled.
- ☐ Remove cheesecake from oven; run a knife around outside edge. Cool to room temperature.

## Nutrition Facts



## Properties

Glycemic Index:20.01, Glycemic Load:16.17, Inflammation Score:-10, Nutrition Score:12.121739149094%

## Nutrients (% of daily need)

Calories: 280.07kcal (14%), Fat: 7.75g (11.92%), Saturated Fat: 4.01g (25.04%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 41.19g (14.98%), Sugar: 29.08g (32.31%), Cholesterol: 50.05mg (16.68%), Sodium: 384.05mg (16.7%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 10.82g (21.64%), Vitamin A: 5754.24IU (115.08%), Phosphorus: 204.49mg (20.45%), Vitamin B2: 0.29mg (16.96%), Manganese: 0.32mg (16.04%), Selenium: 10.43µg (14.9%), Calcium: 148.41mg (14.84%), Vitamin B12: 0.6µg (9.99%), Iron: 1.73mg (9.6%), Folate: 37.84µg (9.46%), Potassium: 289.81mg (8.28%), Vitamin B5: 0.71mg (7.11%), Magnesium: 25.09mg (6.27%), Vitamin K: 6.46µg (6.15%), Fiber: 1.47g (5.9%), Copper: 0.11mg (5.54%), Vitamin B1: 0.08mg (5.48%), Zinc: 0.78mg (5.22%), Vitamin E: 0.7mg (4.7%), Vitamin B6: 0.08mg (4.11%), Vitamin B3: 0.82mg (4.08%), Vitamin C: 1.61mg (1.95%), Vitamin D: 0.27µg (1.77%)