



## Pumpkin Swirl Cheesecake

READY IN



315 min.

SERVINGS



16

CALORIES



360 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted ()
- 1 cup pumpkin canned
- 1 dash ground cloves
- 32 oz philadelphia cream cheese softened
- 4 eggs
- 1.5 cups gingersnaps crushed finely
- 1 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 0.5 cup planters pecans finely chopped

1 cup sugar divided

1 tsp vanilla

## Equipment

bowl

oven

knife

hand mixer

springform pan

## Directions

Preheat oven to 325F.

Mix ginger snap crumbs, pecans and butter; press firmly onto bottom and 1 inch up side of 9-inch springform pan.

Beat cream cheese, 3/4 cup of the sugar and vanilla with electric mixer until well blended.

Add eggs, one at a time, mixing on low speed after each addition just until blended.

Remove 1-1/2 cups plain batter; place in small bowl. Stir remaining 1/4 cup sugar, pumpkin and spices into remaining batter. Spoon half of pumpkin batter into crust; top with spoonfuls of half of reserved plain batter. Repeat layers.

Cut through batters with knife several times for marble effect.

Bake 55 min. or until center is almost set. Cool completely. Refrigerate 4 hours or overnight.

Cut into 16 slices. Store leftover cheesecake in refrigerator.

## Nutrition Facts



**PROTEIN 6.48%** **FAT 65.57%** **CARBS 27.95%**

## Properties

Glycemic Index:14.51, Glycemic Load:9.59, Inflammation Score:-9, Nutrition Score:8.7478261019873%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg 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: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

## **Nutrients (% of daily need)**

Calories: 359.9kcal (17.99%), Fat: 26.8g (41.23%), Saturated Fat: 14.11g (88.16%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 24.61g (8.95%), Sugar: 17.43g (19.37%), Cholesterol: 105.81mg (35.27%), Sodium: 276.37mg (12.02%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 5.96g (11.92%), Vitamin A: 3295.15IU (65.9%), Manganese: 0.4mg (20.21%), Vitamin B2: 0.23mg (13.42%), Selenium: 9.09µg (12.99%), Phosphorus: 106.28mg (10.63%), Calcium: 78.55mg (7.86%), Iron: 1.25mg (6.96%), Vitamin E: 1mg (6.69%), Vitamin B5: 0.62mg (6.25%), Folate: 22.17µg (5.54%), Copper: 0.11mg (5.31%), Potassium: 173.85mg (4.97%), Magnesium: 19.3mg (4.83%), Zinc: 0.66mg (4.4%), Fiber: 1.09g (4.36%), Vitamin K: 4.43µg (4.22%), Vitamin B1: 0.06mg (4.21%), Vitamin B6: 0.08mg (3.83%), Vitamin B12: 0.23µg (3.81%), Vitamin B3: 0.5mg (2.51%), Vitamin D: 0.22µg (1.47%)