



Pumpkin-Swirl Cheesecake Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

Ingredients

- ☐ 8 ounce weight cream cheese fat-free softened
- ☐ 1 large egg whites
- ☐ 2 large eggs divided
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 9 inch pastry crust
- ☐ 0.7 cup pumpkin puree unsweetened canned
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup condensed milk fat-free sweetened divided
- ☐ 1 tablespoon vanilla extract

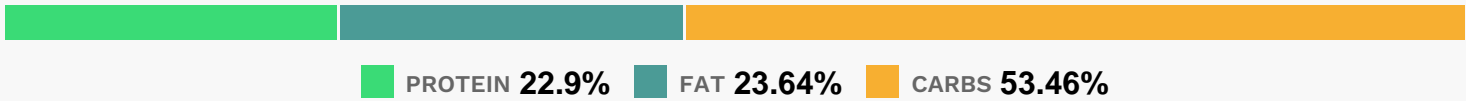
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ tart form

Directions

- ☐ Prepare and bake the Pastry Crust in a 9-inch round removable-bottom tart pan. Cool crust completely on a wire rack.
- ☐ Preheat oven to 30
- ☐ Combine 1/2 cup condensed milk and the cream cheeses in a medium bowl; beat at medium speed of a mixer until smooth.
- ☐ Add vanilla, salt, 1 egg, and egg white; beat until combined. Spoon 1/2 cup cream cheese mixture into a small bowl; add 1/4 cup condensed milk, 1 egg, pumpkin, cinnamon, ginger, and allspice, stirring well with a whisk.
- ☐ Pour remaining cream cheese mixture into prepared crust.
- ☐ Pour pumpkin mixture over cream cheese mixture; swirl together using a knife.
- ☐ Bake at 300 for 50 minutes. Turn oven off; cool tart in closed oven 45 minutes.
- ☐ Remove from oven; cool completely on a wire rack. Cover; chill.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:10.08, Inflammation Score:-9, Nutrition Score:9.5556522555973%

Nutrients (% of daily need)

Calories: 162.72kcal (8.14%), Fat: 4.21g (6.48%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 20.71g (7.53%), Sugar: 18.12g (20.14%), Cholesterol: 59.66mg (19.89%), Sodium: 347.76mg (15.12%), Alcohol: 0.56g (100%), Alcohol %: 0.72% (100%), Protein: 9.19g (18.38%), Vitamin A: 3337.29IU (66.75%), Phosphorus: 255.86mg (25.59%), Calcium: 195.85mg (19.59%), Vitamin B2: 0.29mg (17.19%), Selenium: 11.09µg (15.84%), Vitamin B12: 0.51µg (8.51%), Vitamin B5: 0.74mg (7.44%), Potassium: 257.83mg (7.37%), Zinc: 0.91mg (6.09%), Folate: 24.12µg (6.03%), Magnesium: 21.26mg (5.32%), Manganese: 0.1mg (5.15%), Vitamin B1: 0.06mg (4.2%), Iron: 0.74mg (4.09%), Vitamin K: 3.64µg (3.47%), Vitamin B6: 0.06mg (3.18%), Fiber: 0.74g (2.94%), Vitamin E: 0.4mg (2.7%), Copper: 0.05mg (2.57%), Vitamin D: 0.31µg (2.05%), Vitamin C: 1.63mg (1.98%), Vitamin B3: 0.35mg (1.73%)