



Spiced Pumpkin Cheesecake with Caramel-Bourbon Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



631 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons flour
- ☐ 3 tablespoons bourbon
- ☐ 15 ounce pumpkin puree pure canned
- ☐ 0.3 cup plus light
- ☐ 24 ounce cream cheese
- ☐ 1 cup t brown sugar dark packed ()
- ☐ 4 large eggs

- ☐ 3 tablespoons brown sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1.5 cups pecans cooled toasted
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 0.5 cup yogurt plain
- ☐ 1.3 cups sugar
- ☐ 3 tablespoons butter unsalted melted
- ☐ 6 tablespoons butter unsalted ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup whipping cream

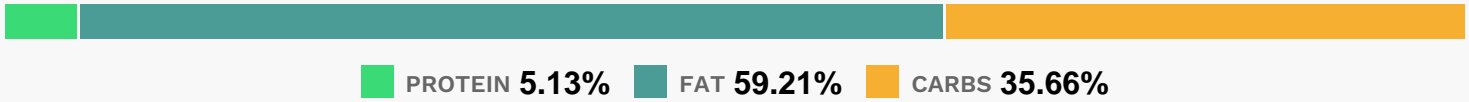
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 350F. Butter 9-inch springform pan with 2 3/4-inch-high sides. Grind first 4 ingredients in processor until nut mixture sticks together. Press evenly onto bottom of pan.
- ☐ Bake crust until golden, about 15 minutes. Cool completely. Wrap outside of pan in triple layer of heavy-duty foil.
- ☐ Using mixer, beat cream cheese, sugar, and lemon peel in large bowl until smooth. Beat in eggs 1 at a time, then pumpkin, yogurt, flour, vanilla, spices, and salt.
- ☐ Pour into pan.
- ☐ Set springform pan in roasting pan.
- ☐ Pour enough hot water into roasting pan to come halfway up sides of cheesecake.
- ☐ Place in oven.
- ☐ Bake until outer 3 inches puff slightly and center is softly set, about 1 hour 15 minutes. Cool in water bath 30 minutes.
- ☐ Remove from water.
- ☐ Cut around sides of cake to loosen. Refrigerate in pan until cold, about 4 hours. Cover and chill overnight.
- ☐ Bring sugar, cream, butter, corn syrup, and salt to boil in deep medium saucepan, whisking until sugar dissolves. Reduce heat to medium; boil 1 minute without stirring.
- ☐ Remove from heat. Stir in bourbon, then pecans. Cool, stirring occasionally.
- ☐ Remove foil.
- ☐ Cut around pan sides; remove sides.
- ☐ Cut cheesecake into wedges; spoon sauce over.
- ☐ Cheesecake basics: To avoid overbeating the filling, make sure that all of the ingredients are at room temperature. For best results, use Philadelphia-brand cream cheese. To get the neatest slices, dip the blade of the knife into a glass of very hot water and wipe the warm blade dry before cutting each wedge of cake.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:17.18, Inflammation Score:-10, Nutrition Score:14.036521745765%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 631.46kcal (31.57%), Fat: 42.34g (65.13%), Saturated Fat: 20.5g (128.1%), Carbohydrates: 57.37g (19.12%), Net Carbohydrates: 54.95g (19.98%), Sugar: 51.95g (57.72%), Cholesterol: 153.25mg (51.08%), Sodium: 326.16mg (14.18%), Alcohol: 1.37g (100%), Alcohol %: 0.84% (100%), Protein: 8.25g (16.5%), Vitamin A: 6783.17IU (135.66%), Manganese: 0.75mg (37.53%), Selenium: 12.31µg (17.59%), Vitamin B2: 0.3mg (17.59%), Phosphorus: 167.52mg (16.75%), Calcium: 133.51mg (13.35%), Copper: 0.23mg (11.47%), Vitamin E: 1.56mg (10.37%), Fiber: 2.42g (9.67%), Vitamin B5: 0.97mg (9.65%), Magnesium: 35.98mg (9%), Vitamin B1: 0.13mg (8.8%), Zinc: 1.31mg (8.75%), Potassium: 293.73mg (8.39%), Vitamin K: 8.55µg (8.14%), Iron: 1.45mg (8.07%), Vitamin B6: 0.13mg (6.31%), Vitamin B12: 0.37µg (6.15%), Folate: 24.44µg (6.11%), Vitamin D: 0.65µg (4.33%), Vitamin C: 2mg (2.43%), Vitamin B3: 0.48mg (2.39%)