



## Spiced Pumpkin Cheesecake with Caramel-Bourbon Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



606 kcal

DESSERT

### Ingredients

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

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

## Equipment

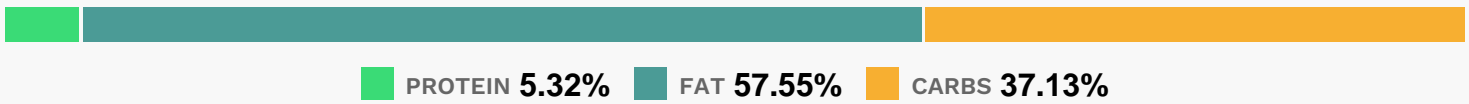
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

## Directions

- ☐ Preheat oven to 350°F. 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.
- ☐ • 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:24.26, Glycemic Load:17.18, Inflammation Score:-10, Nutrition Score:13.936956571496%

## 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: 606.26kcal (30.31%), Fat: 39.5g (60.76%), Saturated Fat: 18.7g (116.86%), Carbohydrates: 57.33g (19.11%), Net Carbohydrates: 54.94g (19.98%), Sugar: 51.95g (57.72%), Cholesterol: 145.73mg (48.58%), Sodium: 322.54mg (14.02%), Alcohol: 1.37g (100%), Alcohol %: 0.85% (100%), Protein: 8.22g (16.44%), Vitamin A: 6695.59IU (133.91%), Manganese: 0.74mg (37.16%), Selenium: 12.27µg (17.53%), Vitamin B2: 0.3mg (17.52%), Phosphorus: 166.65mg (16.67%), Calcium: 132.25mg (13.22%), Copper: 0.23mg (11.43%), Vitamin E: 1.47mg (9.83%), Vitamin B5: 0.96mg (9.61%), Fiber: 2.4g (9.58%), Magnesium: 35.89mg (8.97%), Vitamin B1: 0.13mg (8.79%), Zinc: 1.31mg (8.73%), Potassium: 292.7mg (8.36%), Iron: 1.45mg (8.05%), Vitamin K: 8.29µg (7.89%), Vitamin B6: 0.13mg (6.3%), Folate: 24.33µg (6.08%), Vitamin B12: 0.36µg (6.05%), Vitamin D: 0.6µg (3.98%), Vitamin C: 2mg (2.42%), Vitamin B3: 0.48mg (2.38%)