

Philadelphia 3-Step Pumpkin Praline Cheesecake

Holiday Desserts

Favorite Brand Name Recipes Vol. 8, No. 73

Servings: 10

2 packages (8 ounce ea) Philadelphia cream cheese, softened

1/2 cup drained canned pumpkin, mashed

1/2 cup firmly packed brown sugar

1/2 teaspoon ground cinnamon

dash ground cloves

dash ground nutmeg

1/2 teaspoon vanilla

2 eggs

1 (6 ounce) graham cracker pie crust

3/4 cup chopped pecans

2 tablespoons maple-flavored or pancake syrup

Preparation Time: 10 minutes

Preheat the oven to 350 degrees.

In a bowl, beat the cream cheese, pumpkin, brown sugar, cinnamon, cloves, nutmeg and vanilla with a mixer until well blended. Add the eggs, one at a time, mixing at low speed after each just until blended.

Pour into the crust. Top with the nuts.

Bake for 40 minutes or until the center is almost set. Cool.

Refrigerate for three hours.

Drizzle with the syrup just before serving.

Start to Finish Time: 3 hours 50 minutes

Per Serving (excluding unknown items): 117 Calories; 7g Fat (52.2% calories from fat); 2g Protein; 13g Carbohydrate; 1g Dietary Fiber; 42mg Cholesterol; 18mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	117	Vitamin B6 (mg):	trace
% Calories from Fat:	52.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	41.4%	Thiamin B1 (mg):	.1mg
		Riboflavin B2 (mg):	.1mg

% Calories from Protein: 6.4%
Total Fat (g): 7g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 42mg
Carbohydrate (g): 13g
Dietary Fiber (g): 1g
Protein (g): 2g
Sodium (mg): 18mg
Potassium (mg): 87mg
Calcium (mg): 19mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 61IU
Vitamin A (r.e.): 15RE

Folacin (mcg): 8mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 1
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 117 **Calories from Fat:** 61

% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	4%
Cholesterol	42mg	14%
Sodium	18mg	1%
Total Carbohydrates	13g	4%
Dietary Fiber	1g	3%
Protein	2g	
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Vitamin A		1%
Vitamin C		0%
Calcium		2%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.