

Holiday Recipes for Managing Diabetes

Pumpkin Cheesecake In Gingersnap Crust

NUMBER OF SERVINGS:

16

SERVING SIZE:

1/16th cake

OVERVIEW:

This recipe is sponsored, and provided by Equal®. 38% calorie reduction from traditional recipe.

INGREDIENTS:

1.25 cups gingersnap crumbs
3 Tbsp Equal® spoonful or
4.5 packets Equal® sweetener
3 Tbsp stick butter or
margarine, melted
1.25 cups Equal® spoonful or
30 packets Equal® sweetener
2 tsp ground cinnamon
0.25 tsp ground nutmeg
0.25 tsp salt
1 cup canned pumpkin

2 eggs
2 egg whites
2 Tbsp cornstarch
2 tsp vanilla
1 cup reduced fat sour cream
2 Tbsp Equal® spoonful or
3 packets Equal® sweetener
0.5 tsp vanilla
3 packages reduced-fat cream
cheese, softened



NUTRITION:

Total Calories: 196
Calories from Fat: 117
Total Fat: 13 g
Saturated Fat: 8 g
Cholesterol: 64 mg
Sodium: 271 mg
Total Carbohydrates: 13 g
Dietary Fiber: 1 g
Sugars: 7 g

INSTRUCTIONS:

1. Combine gingersnap crumbs, 3 tablespoons Equal® spoonful and butter. Press onto bottom of 9-inch spring form pan. Bake in preheated 325 degree F oven 8 minutes. Cool on wire rack while preparing cheesecake.
2. Beat cream cheese, 1.25 cups Equal® spoonful, cinnamon, nutmeg and salt until well blended. Mix in pumpkin until combined. Beat in eggs and egg whites until well blended. Mix in cornstarch and vanilla until blended. Spoon cheesecake mixture over crust. Bake at 325 degree F for 40 to 45 minutes or until center is almost set. Remove from oven and cool on wire rack 5 minutes.
3. Meanwhile, combine sour cream, 2 tablespoons Equal® spoonful and 0.5 teaspoon vanilla. Gently spread over top of cheesecake. Return to oven and bake 3 to 4 minutes until sour cream mixture is set. Remove cheesecake to wire rack and cool completely. Refrigerate at least 4 hours before serving.

