

Sweet potato cheesecake



Recipe credit

Cornell University Cooperative Extension, Eat Smart New York!

About this recipe

Serves

14

Serving size

1 slice

Ingredients

- 1 cup gingersnaps (finely crumbed, or graham crackers)

- 3 tablespoons butter (unsalted, melted)
- 8 ounces cream cheese (light, softened)
- 1 cup sweet potatoes (mashed, peeled and cooked)
- 1/3 cup sugar
- 1 1/2 teaspoons pumpkin pie spice
- 1 teaspoon orange peel (finely shredded)
- 1 teaspoon vanilla
- 5 egg whites
- 1 cup milk (evaporated, reduced fat 2%)

Directions

Crust:

1. Combine crumbs and butter. Press mixture into bottom and 1 inch up sides of an 8 inch spring form pan. Set aside

Filling:

1. In a large mixing bowl, beat cream cheese, sweet potatoes, egg white, sugar, pumpkin pie spice, orange peel and the vanilla until combined. DO NOT OVER BEAT.
2. Stir in milk. Carefully pour into prepared pan.
3. Bake at 350 degrees for 60-70 minutes until center appears set.
4. Cool on wire rack for 45 minutes. Cover and chill thoroughly.
5. Remove sides of pan.
6. Garnish with dessert topping and orange peel.

Nutritional info

Calories

139

Total fat

6 g

Saturated fat

3 g

Cholesterol

17 mg
Sodium
137 mg
Total carbohydrates
17 g
Dietary fiber
1 g
Protein
5 g
Total sugar
11 g
Allergens
Dairy
Eggs

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