



Black-Bottom Cheesecake Cups

READY IN



45 min.

SERVINGS



18

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds chopped
- ☐ 1 teaspoon baking soda
- ☐ 8 ounce nonfat cream cheese softened
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon espresso granules instant
- ☐ 0.5 cup powdered sugar sifted
- ☐ 0.3 cup prune butter
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup semisweet chocolate morsels
- ☐ 0.8 cup sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup water
- ☐ 1 tablespoon vinegar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners

Directions

- ☐ Combine first 6 ingredients in a large bowl.
- ☐ Combine water, prune butter, vinegar, and vanilla; stir well.
- ☐ Add to dry ingredients, stirring with a wire whisk until blended; set chocolate batter aside.
- ☐ Beat cream cheese in a bowl at medium speed of a mixer until smooth.
- ☐ Add powdered sugar and egg, and beat until well-blended; set cream cheese mixture aside.
- ☐ Place 18 paper muffin cup liners in muffin cups; coat liners with cooking spray. Divide chocolate batter evenly among cups; spoon cream cheese mixture evenly on top of chocolate batter in each cup.
- ☐ Sprinkle chocolate morsels and almonds over cream cheese mixture.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Let cool in pans 5 minutes on a wire rack; remove from pans, and let cool completely on wire rack.

Nutrition Facts



 PROTEIN **6.95%**  FAT **37.1%**  CARBS **55.95%**

Properties

Glycemic Index:14.51, Glycemic Load:12.31, Inflammation Score:-3, Nutrition Score:4.7069565260216%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 184.8kcal (9.24%), Fat: 7.83g (12.05%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 24.84g (9.03%), Sugar: 15.32g (17.02%), Cholesterol: 22.12mg (7.37%), Sodium: 170.53mg (7.41%), Alcohol: 0.15g (100%), Alcohol %: 0.3% (100%), Caffeine: 16.69mg (5.56%), Protein: 3.3g (6.61%), Manganese: 0.26mg (13.12%), Selenium: 6.21µg (8.88%), Copper: 0.17mg (8.75%), Vitamin B2: 0.13mg (7.61%), Magnesium: 28.25mg (7.06%), Fiber: 1.75g (6.99%), Phosphorus: 66.94mg (6.69%), Iron: 1.2mg (6.67%), Vitamin B1: 0.09mg (6.28%), Folate: 22.86µg (5.71%), Vitamin E: 0.69mg (4.62%), Vitamin B3: 0.92mg (4.59%), Vitamin A: 210.1IU (4.2%), Potassium: 132.61mg (3.79%), Zinc: 0.49mg (3.26%), Calcium: 28.06mg (2.81%), Vitamin K: 2.63µg (2.5%), Vitamin B5: 0.2mg (1.97%), Vitamin B6: 0.03mg (1.44%)