



WHATSheATE



Black Forest Cheesecakes

READY IN



160 min.

SERVINGS



12

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 0.3 cup baking cocoa
- ☐ 21 ounce cherry pie filling canned
- ☐ 12 chocolate sandwich cookies with creme filling
- ☐ 16 ounce cream cheese softened
- ☐ 2 eggs
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup non-dairy whipped topping
- ☐ 0.8 cup sugar white

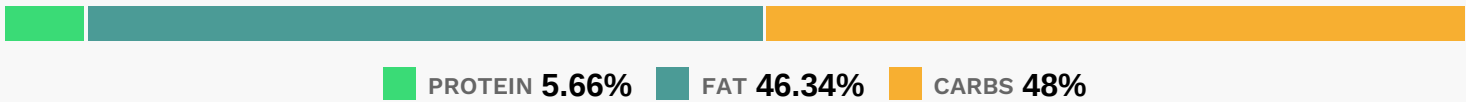
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Preheat oven to 325 degrees F (160 degrees C). Line muffin cups with paper or foil muffin liners.
- ☐ Remove cookie top from each sandwich cookie; crush and set aside.
- ☐ Place cream-topped cookies in lined muffin cups, cream side up.
- ☐ Beat cream cheese, sugar, baking cocoa, and vanilla extract with an electric mixer in a large bowl until fluffy.
- ☐ Mix in eggs until blended. Fill prepared muffin cups 3/4 full; sprinkle 1/4 cup reserved cookie crumbs over top. Discard remaining crumbs or save for another use.
- ☐ Bake in preheated oven until set, 20 to 25 minutes. Cool completely; cover and refrigerate for at least 2 hours.
- ☐ Top each cheesecake with 2 tablespoons pie filling and a dollop of whipped topping just before serving.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:9.29, Inflammation Score:-5, Nutrition Score:5.6886956588082%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 317.05kcal (15.85%), Fat: 16.8g (25.85%), Saturated Fat: 9.1g (56.86%), Carbohydrates: 39.16g (13.05%), Net Carbohydrates: 37.63g (13.69%), Sugar: 19.63g (21.81%), Cholesterol: 65.52mg (21.84%), Sodium: 187.5mg (8.15%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Caffeine: 6.09mg (2.03%), Protein: 4.62g (9.24%), Vitamin A: 651.5IU (13.03%), Iron: 2.08mg (11.57%), Vitamin B2: 0.17mg (9.89%), Manganese: 0.2mg (9.77%), Selenium: 6.82µg (9.74%), Phosphorus: 93.43mg (9.34%), Copper: 0.18mg (9.19%), Magnesium: 25.57mg (6.39%), Fiber: 1.53g (6.12%), Calcium: 54.19mg (5.42%), Potassium: 180.4mg (5.15%), Vitamin E: 0.72mg (4.78%), Folate: 17.01µg (4.25%), Vitamin K: 4.26µg (4.06%), Vitamin B5: 0.4mg (4.01%), Zinc: 0.56mg (3.76%), Vitamin B1: 0.05mg (3.35%), Vitamin B6: 0.06mg (2.91%), Vitamin B12: 0.15µg (2.58%), Vitamin B3: 0.48mg (2.39%), Vitamin C: 1.79mg (2.16%)