



Brownie Bottom Vegan Cheesecake

READY IN



75 min.

SERVINGS



10

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown rice flour
- ☐ 1.5 cups double chocolate brownie cookies enjoy life®
- ☐ 0.3 cup cocoa powder
- ☐ 8 oz dairy-free alternative
- ☐ 1 egg substitute
- ☐ 0.3 cup semi-sweet chocolate chips enjoy life®
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons tapioca flour/starch
- ☐ 1 teaspoon vanilla

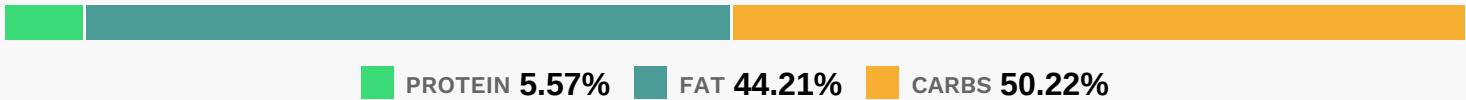
Equipment

- ☐ oven
- ☐ knife
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F. Lightly spray a 9" tart pan with removable bottom. To prepare crust, mix cookie crumbs with brown rice flour, cocoa powder and tapioca flour. With a fork, cut in butter until mixed well. Press crumbs into bottom and on the sides.
- ☐ Bake for 6 minutes to set the crust. To prepare cheesecake, first make the vanilla filling: beat cream cheese, sugar, egg and vanilla until smooth. Next, make the chocolate filling: beat cream cheese, sugar, egg, cocoa powder and vanilla until smooth.
- ☐ Add chocolate chips for an even chocolatier flavor (optional). Spoon dollops of chocolate and vanilla filling over the baked crust. With a knife, gently swirl the dollops for a marbled appearance.
- ☐ Bake at 350°F for 45–50 minutes or until knife inserted comes out clean.
- ☐ Let cool. Cover and refrigerate 6 hours or overnight. Enjoy!

Nutrition Facts



Properties

Glycemic Index:14.66, Glycemic Load:13.08, Inflammation Score:-3, Nutrition Score:5.0378260512877%

Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 241.72kcal (12.09%), Fat: 12.3g (18.92%), Saturated Fat: 6.45g (40.33%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 29.53g (10.74%), Sugar: 18.85g (20.94%), Cholesterol: 23.5mg (7.83%), Sodium: 170.19mg (7.4%), Alcohol: 0.14g (100%), Alcohol %: 0.28% (100%), Caffeine: 10.39mg (3.46%), Protein: 3.49g (6.98%),

Manganese: 0.42mg (20.99%), Copper: 0.23mg (11.4%), Phosphorus: 87.21mg (8.72%), Magnesium: 33.86mg (8.47%), Iron: 1.38mg (7.66%), Fiber: 1.9g (7.59%), Vitamin B2: 0.11mg (6.47%), Vitamin A: 309.02IU (6.18%), Selenium: 3.68µg (5.26%), Zinc: 0.66mg (4.39%), Vitamin B3: 0.84mg (4.18%), Vitamin B1: 0.06mg (4%), Potassium: 135.44mg (3.87%), Calcium: 33.32mg (3.33%), Folate: 11.27µg (2.82%), Vitamin B5: 0.28mg (2.77%), Vitamin B6: 0.05mg (2.73%), Vitamin E: 0.39mg (2.62%), Vitamin B12: 0.07µg (1.22%), Vitamin K: 1.25µg (1.19%)