



Brownie Cheesecake

READY IN



45 min.

SERVINGS



16

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 10.3 ounce fudge brownie mix
- ☐ 8 ounce block nonfat cream cheese softened
- ☐ 1 egg white
- ☐ 3 eggs
- ☐ 16 ounce blocks neufchâtel cheese softened
- ☐ 1 cup nonfat cottage cheese
- ☐ 2.5 ounce prune baby food
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semisweet chocolate mini-morsels

- ☐ 1.5 cups sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 1 teaspoon vegetable oil
- ☐ 1 tablespoon water

Equipment

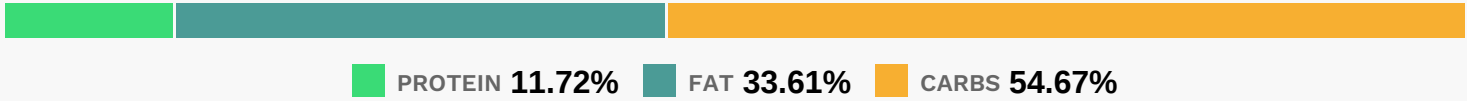
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ springform pan

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 5 ingredients in a bowl; stir well.
- ☐ Spread into bottom of a 9-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 25 minutes; let cool on a wire rack. Tear brownies into small pieces. Press half of pieces into bottom of a 9-inch springform pan coated with cooking spray. Set aside.
- ☐ Preheat oven to 300
- ☐ Place cottage cheese in a large bowl; beat at medium-high speed of a mixer until almost smooth.
- ☐ Add cream cheeses; beat until smooth.
- ☐ Add sugar, vanilla, and salt; beat well.
- ☐ Add eggs, 1 at a time, beating well after each addition. Stir in chocolate.
- ☐ Pour half of cheese mixture into prepared pan; top with remaining brownie pieces.
- ☐ Pour remaining cheese mixture over brownie pieces.

- ☐ Bake at 300 for 40 minutes or until almost set. Turn oven off, and let cheesecake stand for 40 minutes in oven with door closed.
- ☐ Remove cheesecake from oven, and let cool to room temperature. Cover and chill at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:14.09, Inflammation Score:-2, Nutrition Score:4.6230434968906%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 293.12kcal (14.66%), Fat: 11.03g (16.97%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 39.85g (14.49%), Sugar: 32.5g (36.11%), Cholesterol: 54.52mg (18.17%), Sodium: 351.6mg (15.29%), Alcohol: 0.28g (100%), Alcohol %: 0.31% (100%), Protein: 8.65g (17.31%), Phosphorus: 166.92mg (16.69%), Calcium: 103.75mg (10.37%), Vitamin B2: 0.17mg (10.19%), Selenium: 6.14µg (8.77%), Vitamin A: 327.57IU (6.55%), Vitamin B12: 0.36µg (6.08%), Iron: 0.97mg (5.37%), Vitamin B5: 0.5mg (5.02%), Zinc: 0.71mg (4.76%), Potassium: 165.8mg (4.74%), Magnesium: 15.44mg (3.86%), Vitamin K: 3.88µg (3.7%), Copper: 0.07mg (3.6%), Folate: 14.33µg (3.58%), Manganese: 0.06mg (3.17%), Vitamin B6: 0.05mg (2.27%), Fiber: 0.53g (2.13%), Vitamin E: 0.26mg (1.75%), Vitamin B1: 0.02mg (1.45%), Vitamin B3: 0.23mg (1.15%), Vitamin D: 0.17µg (1.1%)