



Brownie Cheesecake Torte

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 15.1 ounce fudge brownie mix low-fat (such as Snackwell's)
- ☐ 4 ounce carrot baby food
- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 8 ounce block softened
- ☐ 2 large egg whites
- ☐ 4 teaspoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons coffee granules instant

- ☐ 3 tablespoons skim milk divided
- ☐ 0.5 cup sugar divided
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

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

Directions

- ☐ Preheat oven to 425
- ☐ Combine first 4 ingredients in a bowl. Firmly press mixture into bottom and 1 inch up sides of a 9-inch springform pan coated with cooking spray. Set aside.
- ☐ Combine 1/2 cup sugar, flour, vanilla, and cheeses; beat at medium speed of a mixer until well-blended.
- ☐ Add egg whites and 2 tablespoons milk; beat well.
- ☐ Combine 1/2 cup batter, 1 tablespoon milk, 2 tablespoons sugar, and cocoa; stir well. Spoon remaining batter alternately with cocoa mixture into prepared crust. Swirl together using the tip of a knife.
- ☐ Bake at 425 for 15 minutes. Reduce oven temperature to 250 (do not remove pan from oven); bake 45 minutes or until set. Cool completely on a wire rack.
- ☐ Garnish with chocolate syrup and raspberries, if desired.

Nutrition Facts



 **PROTEIN 9.45%**  **FAT 34.41%**  **CARBS 56.14%**

Properties

Glycemic Index:21.43, Glycemic Load:6.83, Inflammation Score:-8, Nutrition Score:5.2034781950971%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 289.49kcal (14.47%), Fat: 11.19g (17.22%), Saturated Fat: 4.94g (30.9%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 40.44g (14.71%), Sugar: 28.49g (31.66%), Cholesterol: 21.47mg (7.16%), Sodium: 313.75mg (13.64%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 7.15mg (2.38%), Protein: 6.91g (13.83%), Vitamin A: 1850.43IU (37.01%), Phosphorus: 134.63mg (13.46%), Calcium: 95.48mg (9.55%), Vitamin B2: 0.14mg (7.97%), Iron: 1.26mg (6.99%), Selenium: 4.15µg (5.94%), Vitamin B12: 0.25µg (4.13%), Potassium: 143.25mg (4.09%), Manganese: 0.07mg (3.73%), Magnesium: 12.99mg (3.25%), Zinc: 0.48mg (3.23%), Vitamin B5: 0.32mg (3.22%), Folate: 11.9µg (2.97%), Fiber: 0.64g (2.54%), Copper: 0.05mg (2.48%), Vitamin B6: 0.04mg (1.85%), Vitamin B1: 0.03mg (1.76%), Vitamin K: 1.73µg (1.65%), Vitamin E: 0.23mg (1.55%), Vitamin B3: 0.27mg (1.35%)