



Cappuccino Cheesecake with Fudge Sauce

READY IN



45 min.

SERVINGS



16

CALORIES



367 kcal

DESSERT

Ingredients

- ☐ 1.5 cups chocolate wafer crumbs reduced-fat (50 cookies)
- ☐ 16 ounce blocks cream cheese fat-free
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 cups fudge topping fat-free hot divided
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons espresso or instant
- ☐ 3 tablespoons stick margarine melted

- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 16 ounce blocks

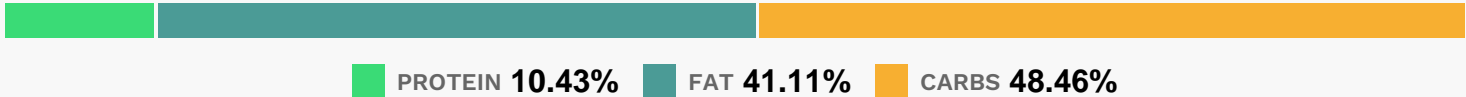
Equipment

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

Directions

- ☐ Preheat oven to 32
- ☐ Combine first 3 ingredients in a small bowl; firmly press mixture into bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 325 for 10 minutes; cool on a wire rack.
- ☐ Preheat oven to 45
- ☐ Place 1 cup sugar, flour, and cheeses in a large bowl; beat at medium speed of a mixer until smooth.
- ☐ Add eggs and egg whites, 1 at a time, beating well after each addition.
- ☐ Add espresso, vanilla, and cinnamon; beat well.
- ☐ Pour cheese mixture into prepared crust; spoon 4 mounds of fudge topping (2 tablespoons each) onto cheese mixture; swirl mixtures together using a knife.
- ☐ Bake at 450 for 10 minutes. Reduce oven temperature to 250 (do not remove cheesecake from oven); bake an additional 1 hour or until almost set.
- ☐ Remove cheesecake from oven, and cool to room temperature. Cover and chill at least 8 hours.
- ☐ Drizzle 1 tablespoon fudge topping onto each of 16 plates; top each with 1 cheesecake wedge.

Nutrition Facts



Properties

Glycemic Index:18.54, Glycemic Load:14.58, Inflammation Score:-4, Nutrition Score:7.3613043356201%

Nutrients (% of daily need)

Calories: 367.32kcal (18.37%), Fat: 16.96g (26.09%), Saturated Fat: 8.15g (50.94%), Carbohydrates: 44.97g (14.99%), Net Carbohydrates: 43.74g (15.91%), Sugar: 30.53g (33.92%), Cholesterol: 55.78mg (18.59%), Sodium: 489.84mg (21.3%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 22.67mg (7.56%), Protein: 9.68g (19.37%), Phosphorus: 237.21mg (23.72%), Calcium: 150.73mg (15.07%), Vitamin B2: 0.25mg (14.84%), Selenium: 8.47µg (12.09%), Manganese: 0.22mg (11.06%), Vitamin A: 530.7IU (10.61%), Copper: 0.17mg (8.64%), Vitamin E: 1.23mg (8.19%), Magnesium: 31.74mg (7.94%), Potassium: 260.29mg (7.44%), Vitamin B12: 0.42µg (7.01%), Zinc: 1.01mg (6.76%), Iron: 1.09mg (6.08%), Folate: 24.26µg (6.06%), Vitamin B5: 0.59mg (5.87%), Fiber: 1.23g (4.9%), Vitamin B1: 0.06mg (4.2%), Vitamin B3: 0.73mg (3.67%), Vitamin B6: 0.05mg (2.66%), Vitamin K: 1.67µg (1.59%)