



Cheesecake Shot-Glass Desserts

READY IN



60 min.

SERVINGS



12

CALORIES



520 kcal

SIDE DISH

Ingredients

- ☐ 12 servings general foods international suisse mocha cafe grated
- ☐ 1 tablespoon chocolate extract
- ☐ 4 tablespoons cookie crumbs
- ☐ 16 oz cream cheese softened
- ☐ 4 tablespoons graham cracker crumbs
- ☐ 2 teaspoons lemon zest grated
- ☐ 12 servings blueberries
- ☐ 0.8 cup sugar

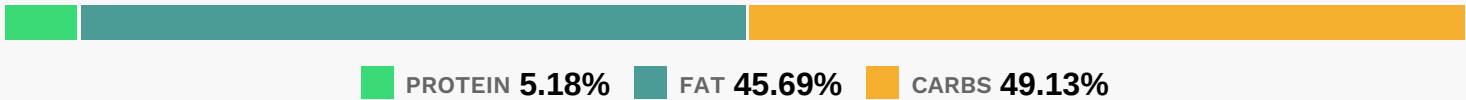
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In large bowl, beat cream cheese and sugar with electric mixer on medium speed until smooth. Divide mixture in half; place in separate bowls. Stir coffee liqueur into half; stir lemon peel into remaining half of cream cheese mixture.
- ☐ Spoon 2 teaspoons chocolate cookie crumbs into bottoms of six 2-oz cordial glasses (shot glasses). Top with 2 tablespoons coffee liqueur cream cheese mixture.
- ☐ Sprinkle with 2 teaspoons cookie crumbs and another 2 tablespoons coffee liqueur cream cheese mixture. Top each with coffee bean.
- ☐ Spoon 2 teaspoons graham cracker crumbs into bottoms of six 2-oz cordial glasses (shot glasses). Top with 2 tablespoons lemon cream cheese mixture.
- ☐ Sprinkle with 2 teaspoons graham cracker crumbs and another 2 tablespoons lemon cream cheese mixture. Top each with blueberries and raspberries. Refrigerate desserts at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:20.22, Inflammation Score:-7, Nutrition Score:11.49391299227%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg

Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg
Galocatechin: 0.18mg, Galocatechin: 0.18mg, Galocatechin: 0.18mg, Galocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 520.41kcal (26.02%), Fat: 27.16g (41.78%), Saturated Fat: 14.13g (88.3%), Carbohydrates: 65.71g (21.9%),
Net Carbohydrates: 58.95g (21.44%), Sugar: 47.48g (52.76%), Cholesterol: 43.38mg (14.46%), Sodium: 169.68mg
(7.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 335.6mg (111.87%), Protein: 6.92g (13.85%),
Manganese: 0.75mg (37.31%), Vitamin K: 32.26µg (30.72%), Fiber: 6.76g (27.06%), Vitamin C: 14.79mg (17.92%),
Vitamin B2: 0.28mg (16.48%), Copper: 0.32mg (16.15%), Magnesium: 57.79mg (14.45%), Phosphorus: 122.23mg
(12.22%), Vitamin A: 591.97IU (11.84%), Iron: 1.83mg (10.16%), Vitamin E: 1.38mg (9.21%), Calcium: 89.39mg (8.94%),
Potassium: 311.68mg (8.91%), Selenium: 4.9µg (7%), Zinc: 1.04mg (6.96%), Vitamin B1: 0.1mg (6.39%), Vitamin B6:
0.12mg (6.04%), Vitamin B3: 1.17mg (5.87%), Folate: 19.05µg (4.76%), Vitamin B5: 0.46mg (4.58%), Vitamin B12:
0.08µg (1.39%)