



Cheesecake Shot-Glass Desserts

READY IN



60 min.

SERVINGS



12

CALORIES



241 kcal

SIDE DISH

Ingredients

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

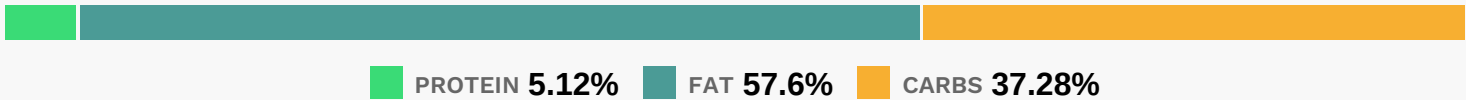
Equipment

- ☐ 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:21.76, Glycemic Load:13.13, Inflammation Score:-3, Nutrition Score:3.100869608962%

Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 240.65kcal (12.03%), Fat: 15.7g (24.16%), Saturated Fat: 8.59g (53.67%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 22.08g (8.03%), Sugar: 17.38g (19.31%), Cholesterol: 38.61mg (12.87%), Sodium: 159.08mg (6.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 27.97mg (9.32%), Protein: 3.14g (6.27%), Vitamin A: 513.7IU (10.27%), Vitamin B2: 0.12mg (7.28%), Phosphorus: 56.42mg (5.64%), Selenium: 3.74µg (5.34%), Calcium: 45.09mg (4.51%), Manganese: 0.08mg (3.89%), Vitamin E: 0.5mg (3.32%), Fiber: 0.79g (3.15%), Magnesium: 10.78mg (2.69%), Iron: 0.46mg (2.55%), Folate: 10.12µg (2.53%), Vitamin B5: 0.25mg (2.51%), Vitamin B1: 0.04mg (2.41%), Zinc: 0.34mg (2.3%), Potassium: 79.87mg (2.28%), Vitamin C: 1.74mg (2.11%), Vitamin B3: 0.37mg (1.86%), Vitamin K: 1.92µg (1.83%), Copper: 0.04mg (1.83%), Vitamin B6: 0.03mg (1.63%), Vitamin B12: 0.08µg (1.39%)