



Chocolate-Berry Cheesecake

READY IN



230 min.

SERVINGS



15

CALORIES



481 kcal

DESSERT

Ingredients

- 1 box chocolate cake mix
- 0.5 cup butter softened
- 16 oz cream cheese softened
- 6 oz raspberries red yoplait®
- 16 oz chocolate frosting
- 3 eggs
- 1.5 cups strawberries sliced
- 0.5 cup blueberries
- 21 oz strawberry pie filling canned

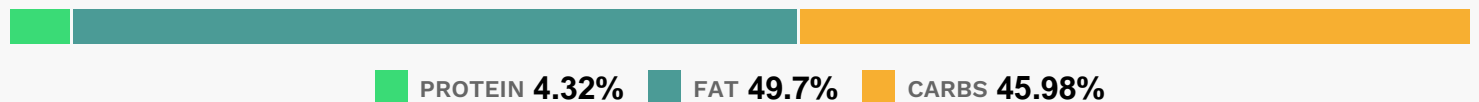
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 325°F. Grease or spray bottom only of 13x9-inch pan.
- In large bowl, beat dry cake mix and butter with electric mixer on low speed until crumbly; reserve 3/4 cup. Press remaining crumbly mixture in bottom of pan.
- In same bowl, beat cream cheese, yogurt and frosting on medium speed until smooth. Beat in eggs until blended.
- Pour over mixture in pan.
- Sprinkle with reserved crumbly mixture.
- Bake 40 to 45 minutes or until center is set. Cool 30 minutes. Refrigerate at least 2 hours until chilled. Just before serving, stir strawberries and blueberries into pie filling. Top each serving with berry mixture. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.87, Glycemic Load:1.18, Inflammation Score:-6, Nutrition Score:8.5126085955164%

Flavonoids

Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg Petunidin: 1.61mg, Petunidin: 1.61mg, Petunidin: 1.61mg, Petunidin: 1.61mg Delphinidin: 1.94mg, Delphinidin: 1.94mg, Delphinidin: 1.94mg, Delphinidin: 1.94mg Malvidin: 3.35mg, Malvidin: 3.35mg, Malvidin: 3.35mg, Malvidin: 3.35mg Pelargonidin: 3.69mg, Pelargonidin: 3.69mg, Pelargonidin: 3.69mg, Pelargonidin: 3.69mg Peonidin: 1.02mg, Peonidin: 1.02mg, Peonidin: 1.02mg, Peonidin: 1.02mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-

gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 480.82kcal (24.04%), Fat: 27.28g (41.97%), Saturated Fat: 10.27g (64.16%), Carbohydrates: 56.78g (18.93%), Net Carbohydrates: 54.21g (19.71%), Sugar: 39.75g (44.16%), Cholesterol: 63.28mg (21.09%), Sodium: 481.38mg (20.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.77mg (1.26%), Protein: 5.34g (10.68%), Vitamin C: 20.34mg (24.65%), Phosphorus: 160.51mg (16.05%), Vitamin A: 733.6IU (14.67%), Manganese: 0.29mg (14.54%), Selenium: 9.2µg (13.14%), Iron: 2.23mg (12.4%), Copper: 0.21mg (10.37%), Vitamin E: 1.55mg (10.31%), Fiber: 2.57g (10.28%), Vitamin B2: 0.17mg (10.19%), Calcium: 96.91mg (9.69%), Folate: 31.23µg (7.81%), Potassium: 252.5mg (7.21%), Magnesium: 28.55mg (7.14%), Vitamin B1: 0.07mg (4.87%), Zinc: 0.66mg (4.39%), Vitamin B5: 0.42mg (4.23%), Vitamin K: 3.91µg (3.72%), Vitamin B3: 0.68mg (3.38%), Vitamin B6: 0.06mg (3.04%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.18µg (1.17%)