



Chocolate Cheesecake for Two

READY IN



40 min.

SERVINGS



2

CALORIES



676 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 4 ounces cream cheese softened
- ☐ 1 large egg white (room temp)
- ☐ 6 squares graham cracker crumbs crushed
- ☐ 2 tablespoons granulated sugar
- ☐ 3 oz semi-sweet chocolate chips dark
- ☐ 2 servings strawberries fresh
- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon vanilla extract

- ☐ 0.5 cup non-dairy whipped topping fresh sweetened

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ double boiler
- ☐ loaf pan
- ☐ aluminum foil
- ☐ microwave
- ☐ cutting board

Directions

- ☐ Preheat oven to 325 degrees F. Line inside of a petite loaf pan with non-stick aluminum foil, leaving a small overhang for lifting.
- ☐ Mix together crumbs, sugar and butter; press mixture into bottom of the lined pan. Using microwave or double boiler, melt the chocolate chips. In a medium size (2 quart) mixing bowl, combine melted chocolate and cream cheese; beat until well mixed. Beat in sugar and vanilla extract.
- ☐ Add egg white and stir until smooth. Spoon chocolate batter over graham cracker crust;
- ☐ Place the mini loaf pan in a square pan (8 or 9 inch) and pour warm water into the square pan so that it comes halfway up side of the loaf pan.
- ☐ Bake at 325 degrees F. for 30 minutes.
- ☐ Remove loaf pan from water and let cool to room temperature – about an hour.
- ☐ Transfer to refrigerator and chill for 3 or more hours. About an hour before serving, spread whipped cream over top of cheesecake. When ready to serve, grasp foil and carefully lift the cheesecake from pan.
- ☐ Place on a cutting board and slice into two square pieces.
- ☐ Place each piece on a dish and top with fresh strawberries.

Nutrition Facts



 **PROTEIN 5.64%**  **FAT 58.63%**  **CARBS 35.73%**

Properties

Glycemic Index:165.59, Glycemic Load:18.3, Inflammation Score:-8, Nutrition Score:18.823043450065%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 676.41kcal (33.82%), Fat: 44.75g (68.84%), Saturated Fat: 26.61g (166.29%), Carbohydrates: 61.37g (20.46%), Net Carbohydrates: 54.99g (20%), Sugar: 48.11g (53.46%), Cholesterol: 75.24mg (25.08%), Sodium: 289.67mg (12.59%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Caffeine: 36.57mg (12.19%), Protein: 9.69g (19.37%), Vitamin C: 84.67mg (102.63%), Manganese: 1.13mg (56.52%), Copper: 0.62mg (30.93%), Magnesium: 103.82mg (25.96%), Fiber: 6.38g (25.54%), Phosphorus: 229.94mg (22.99%), Vitamin A: 988.82IU (19.78%), Iron: 3.51mg (19.49%), Selenium: 12.95µg (18.5%), Potassium: 590.94mg (16.88%), Vitamin B2: 0.29mg (16.83%), Calcium: 123.21mg (12.32%), Zinc: 1.7mg (11.35%), Folate: 42.48µg (10.62%), Vitamin E: 1.41mg (9.42%), Vitamin K: 8.51µg (8.11%), Vitamin B5: 0.67mg (6.7%), Vitamin B6: 0.12mg (6.1%), Vitamin B3: 1.12mg (5.6%), Vitamin B1: 0.07mg (4.86%), Vitamin B12: 0.27µg (4.43%)