



Chocolate Cheesecake I

READY IN



45 min.

SERVINGS



8

CALORIES



746 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 24 ounce cream cheese softened
- 3 eggs
- 3 tablespoons flour all-purpose
- 2 cups graham cracker crumbs
- 1 cup semi chocolate chips
- 0.5 cup cup heavy whipping cream sour
- 2 teaspoons vanilla extract
- 1 cup sugar white

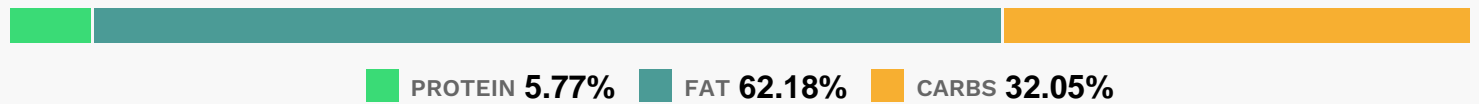
Equipment

- oven
- mixing bowl
- double boiler
- springform pan

Directions

- Prepare crumb crust by combining cracker or wafer crumbs, butter or margarine, and 2 tablespoons sugar. Press mixture into bottom and 2 inches up sides of a 9 inch springform pan. Refrigerate.
- Melt chocolate chips in top of a double boiler over hot water. Set aside.
- Beat cream cheese and 1 cup sugar in a large mixing bowl until smooth and creamy. Blend in eggs. Gradually pour in chocolate mixture beating on low speed until well-blended.
- Add 1/2 cup sour cream, flour, vanilla. Blend until smooth.
- Pour into prepared crust.
- Bake in a preheated oven at 350 degrees F (175 degrees C) for 55 – 60 minutes or until filling is firm. Turn oven off. Cool cheesecake 1 hour without opening door. Cool completely. Chill several hours or over night.
- Garnish just before serving with sweetened sour cream made by combining 1 tablespoon sugar with 1/2 cup sour cream.

Nutrition Facts



Properties

Glycemic Index:37.01, Glycemic Load:31.59, Inflammation Score:-7, Nutrition Score:11.665652229734%

Nutrients (% of daily need)

Calories: 746.23kcal (37.31%), Fat: 52.11g (80.17%), Saturated Fat: 29.3g (183.12%), Carbohydrates: 60.45g (20.15%), Net Carbohydrates: 57.86g (21.04%), Sugar: 41.93g (46.59%), Cholesterol: 177.45mg (59.15%), Sodium: 496.79mg (21.6%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Caffeine: 19.35mg (6.45%), Protein: 10.88g (21.75%),

Vitamin A: 1568.47IU (31.37%), Phosphorus: 240.88mg (24.09%), Selenium: 16µg (22.86%), Vitamin B2: 0.38mg (22.32%), Manganese: 0.34mg (16.81%), Copper: 0.32mg (16.17%), Magnesium: 63.99mg (16%), Iron: 2.83mg (15.71%), Calcium: 139.85mg (13.98%), Zinc: 1.72mg (11.47%), Fiber: 2.59g (10.36%), Potassium: 325.01mg (9.29%), Vitamin B5: 0.88mg (8.77%), Vitamin E: 1.31mg (8.75%), Folate: 31.36µg (7.84%), Vitamin B1: 0.11mg (7.12%), Vitamin B12: 0.42µg (7.01%), Vitamin B3: 1.26mg (6.3%), Vitamin B6: 0.11mg (5.6%), Vitamin K: 4.34µg (4.13%), Vitamin D: 0.33µg (2.2%)