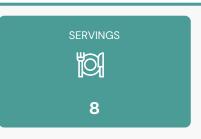


## **Chocolate Cheesecake V**







DESSERT

### Ingredients

5 tablespoons butter melted
2 cups cookie crumbs
24 ounce cream cheese softened
5 eggs
6 ounce bittersweet chocolate melted

1 cup granulated sugar white

0.5 cup cream sour

# **Equipment**

	bowl
	frying pan
	oven
	knife
	springform pan
Directions	
	Preheat oven to 300 degrees F (140 degrees C). Using a fork, combine the melted butter and cookie crumbs. Press mixture into the bottom of a 9 inch springform pan to form the crust.
	In a large bowl, beat together the cream cheese, sugar and eggs until blended.
	Pour half of the cream cheese mixture into the crust. Stir 2 ounces melted chocolate into remaining cream cheese mixture, then pour over the first layer.
	Bake cheesecake on the center rack of preheated oven for 50 minutes.
	Let cool completely in the pan, then cut around edges with a knife to loosen cheesecake before removing pan sides.
	In a medium bowl, combine 6 ounces melted chocolate and sour cream, stirring until blended. Spoon mixture on top of cooled cheesecake. Keep refrigerated until ready to serve.
Nutrition Facts	
	PROTEIN 5 99% FAT 64 72% CARRS 29 29%

#### **Properties**

Glycemic Index:26.39, Glycemic Load:28.72, Inflammation Score:-7, Nutrition Score:12.60434791964%

#### Nutrients (% of daily need)

Calories: 776.05kcal (38.8%), Fat: 56.53g (86.97%), Saturated Fat: 30.7g (191.87%), Carbohydrates: 57.56g (19.19%), Net Carbohydrates: 55.53g (20.19%), Sugar: 41.95g (46.61%), Cholesterol: 216.77mg (72.26%), Sodium: 457.45mg (19.89%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 18.29mg (6.1%), Protein: 11.76g (23.53%), Vitamin A: 1631.05IU (32.62%), Selenium: 19.86µg (28.37%), Vitamin B2: 0.44mg (26%), Phosphorus: 230.26mg (23.03%), Manganese: 0.41mg (20.42%), Copper: 0.33mg (16.36%), Iron: 2.69mg (14.93%), Vitamin E: 2.01mg (13.42%), Magnesium: 53.49mg (13.37%), Calcium: 131.2mg (13.12%), Vitamin B5: 1.1mg (11.04%), Folate: 41.95µg (10.49%), Zinc: 1.52mg (10.16%), Potassium: 313.34mg (8.95%), Vitamin B1: 0.13mg (8.6%), Vitamin B12: 0.52µg (8.59%), Fiber: 2.03g (8.1%), Vitamin K: 6.98µg (6.65%), Vitamin B6: 0.13mg (6.28%), Vitamin B3: 1.11mg (5.57%), Vitamin D: 0.55µg