



## Chocolate Chip Cheesecake

READY IN



45 min.

SERVINGS



10

CALORIES



470 kcal

DESSERT

### Ingredients

- 1.5 tablespoons butter melted
- 0.5 cup chocolate chips miniature
- 3 oz chocolate wafer cookie crumbs reduced-fat
- 14 oz nonfat condensed milk sweetened canned
- 24 oz nonfat cream cheese
- 3 large egg whites
- 2 teaspoons vanilla

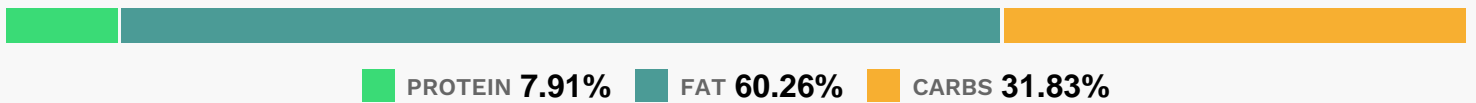
### Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- cake form

## Directions

- Combine crumbs and melted butter. Pat evenly over bottom and about 3/4 inch up the side of a removable-rim 8-inch cheesecake or cake pan (at least 1 3/4 in. deep).
- In a food processor or bowl, whirl or beat cream cheese, milk, egg whites, and vanilla until very smooth. Stir in 1/4 cup chocolate chips.
- Scrape batter into prepared pan. Evenly sprinkle batter with remaining chocolate chips.
- Bake in a 350 oven until cake jiggles only slightly in the center when gently shaken, about 30 minutes.
- Run a thin-bladed knife between cake and pan rim. Refrigerate cake, uncovered, until cool, at least 2 1/2 hours.
- Serve, or if making ahead, wrap airtight when cool and chill up to 2 days.
- Remove pan rim and cut cake into wedges.

## Nutrition Facts



## Properties

Glycemic Index:13.75, Glycemic Load:17.1, Inflammation Score:-6, Nutrition Score:7.3826086676639%

## Nutrients (% of daily need)

Calories: 470.1kcal (23.5%), Fat: 31.88g (49.04%), Saturated Fat: 17.94g (112.1%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 37.35g (13.58%), Sugar: 33.13g (36.81%), Cholesterol: 83.73mg (27.91%), Sodium: 355.8mg (15.47%), Alcohol: 0.28g (100%), Alcohol %: 0.25% (100%), Protein: 9.41g (18.83%), Vitamin B2: 0.39mg (22.9%), Vitamin A: 1116.03IU (22.32%), Selenium: 14.19µg (20.27%), Calcium: 193.2mg (19.32%), Phosphorus: 186.46mg (18.65%), Potassium: 273.12mg (7.8%), Vitamin B5: 0.74mg (7.39%), Vitamin B12: 0.34µg (5.72%), Magnesium:

22.2mg (5.55%), Zinc: 0.81mg (5.4%), Vitamin E: 0.77mg (5.17%), Vitamin B1: 0.07mg (4.62%), Folate: 14.9µg (3.73%), Manganese: 0.07mg (3.6%), Iron: 0.61mg (3.39%), Vitamin B6: 0.06mg (3.18%), Copper: 0.06mg (3.02%), Fiber: 0.53g (2.13%), Vitamin B3: 0.4mg (2.01%), Vitamin K: 1.87µg (1.78%), Vitamin C: 1.09mg (1.32%)