



Chocolate-Coffee Cheesecake Tartlets

READY IN



42 min.

SERVINGS



30

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce bittersweet chocolate
- ☐ 3 oz cream cheese softened
- ☐ 2 tablespoons heavy cream divided
- ☐ 0.5 teaspoon espresso powder instant
- ☐ 2 tablespoons brown sugar light
- ☐ 2.1 oz mini-phylo pastry shells frozen thawed
- ☐ 3 tablespoons powdered sugar
- ☐ 2 tablespoons slivered almonds

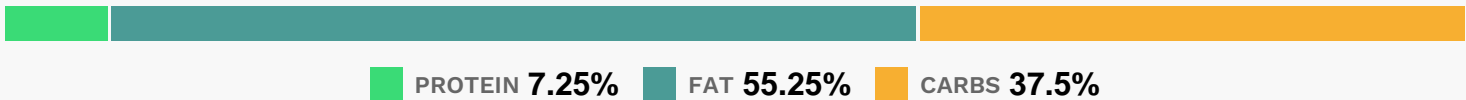
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ramekin
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Place almonds in a single layer in a shallow pan.
- ☐ Bake at 350, stirring occasionally, 5 to 7 minutes or until lightly toasted and fragrant.
- ☐ Place thawed pastry shells on a baking sheet, and bake at 350 for 3 to 5 minutes or until crisp.
- ☐ Stir together 1 Tbsp. cream and 1/2 tsp. espresso powder in a small microwave-safe ramekin or cup. Microwave at HIGH 10 seconds; stir until espresso is dissolved.
- ☐ Beat cream cheese and sugars at medium-high speed with an electric mixer until smooth. Gradually add espresso mixture, and beat 30 seconds or until creamy and light. Spoon 1 rounded teaspoonful into each phyllo shell.
- ☐ Microwave chocolate and remaining 1 Tbsp. cream in a small microwave-safe ramekin or cup at HIGH 20 seconds, stirring after 10 seconds and at end until smooth. Spoon 1/4 tsp. chocolate mixture over each tart. Top immediately with almonds. Cover and chill 2 hours or up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:1.23, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.54260869753426%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 35.75kcal (1.79%), Fat: 2.31g (3.55%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.07g (2.3%), Cholesterol: 4.05mg (1.35%), Sodium: 13.65mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Manganese: 0.03mg (1.45%), Vitamin E: 0.21mg (1.4%), Vitamin A: 53.25IU (1.07%)