



Chocolate-Covered Cheesecake Bites

READY IN



355 min.

SERVINGS



48

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 1 cup graham cracker crumbs
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 cup butter melted
- ☐ 16 oz cream cheese softened
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 cup cream sour
- ☐ 0.5 teaspoon vanilla
- ☐ 2 eggs

- ☐ 24 oz bittersweet chocolate chopped
- ☐ 3 tablespoons shortening

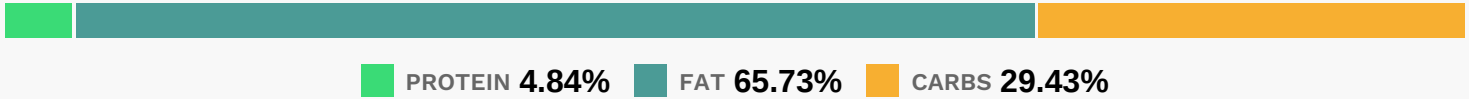
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Heat oven to 300°F. Line 8-inch square pan with heavy-duty foil so foil extends over sides of pan. Spray foil with cooking spray. In small bowl, mix crust ingredients. Press in bottom of sprayed foil-lined pan.
- ☐ In large bowl, beat cream cheese until smooth.
- ☐ Add remaining filling ingredients; beat until smooth.
- ☐ Pour filling over crust.
- ☐ Bake 40 to 45 minutes or until edges are set. Center will be soft but will set when cool. Refrigerate 1 1/2 hours or until chilled. Freeze cheesecake about 2 hours or until firm.
- ☐ Remove cheesecake from pan by lifting foil.
- ☐ Cut into 48 pieces; remove from foil and place on sheet of waxed paper.
- ☐ In 1-quart saucepan, melt coating ingredients over low heat, stirring frequently until smooth. Cool 2 to 3 minutes or until slightly cooled.
- ☐ Place in 2-cup measuring cup.
- ☐ Spear each cheesecake bite with fork; dip in melted chocolate to cover bottom and sides, letting excess drip off.
- ☐ Place on waxed paper.
- ☐ Spoon about 1 teaspoon melted chocolate over each bite, smoothing top with back of spoon.
- ☐ Let stand about 20 minutes or until firm. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:2.54, Inflammation Score:-2, Nutrition Score:3.1365217728459%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 155.21kcal (7.76%), Fat: 11.44g (17.6%), Saturated Fat: 6.08g (38%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 10.27g (3.74%), Sugar: 8.12g (9.02%), Cholesterol: 20.46mg (6.82%), Sodium: 53.26mg (2.32%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Caffeine: 12.19mg (4.06%), Protein: 1.89g (3.79%), Manganese: 0.22mg (10.76%), Copper: 0.19mg (9.38%), Magnesium: 27.9mg (6.97%), Iron: 1.03mg (5.71%), Phosphorus: 56.91mg (5.69%), Fiber: 1.25g (5.01%), Selenium: 2.66µg (3.8%), Vitamin A: 181.4IU (3.63%), Zinc: 0.51mg (3.41%), Potassium: 102.77mg (2.94%), Vitamin B2: 0.04mg (2.64%), Calcium: 22.36mg (2.24%), Vitamin E: 0.27mg (1.82%), Vitamin K: 1.77µg (1.69%), Vitamin B5: 0.14mg (1.4%), Vitamin B12: 0.07µg (1.12%), Vitamin B1: 0.02mg (1.05%), Vitamin B3: 0.2mg (1.02%)