



WHATSheATE



Chocolate-Eggnog Cheesecake Squares

READY IN



240 min.

SERVINGS



48

CALORIES



99 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 cups cookie crumbs (from 15-oz box)
- ☐ 16 oz cream cheese softened
- ☐ 0.5 cup eggnog
- ☐ 2 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup semisweet chocolate chips miniature
- ☐ 0.5 cup sugar

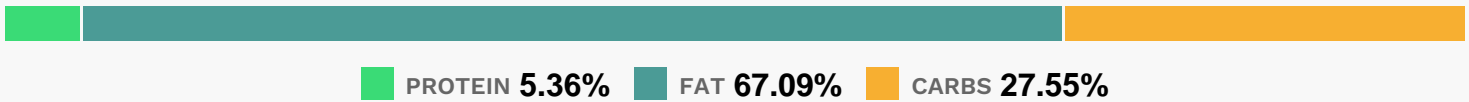
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Heat oven to 300F. Line 13x9-inch pan with 18x18-inch square of heavy-duty foil so foil extends over long sides of pan. Spray foil with cooking spray. In small bowl, mix cookie crumbs and butter. Press in bottom of pan.
- ☐ In large bowl, beat cream cheese and sugar with electric mixer on medium speed 1 to 2 minutes or until smooth. Beat in flour, eggnog and eggs on medium speed until smooth, scraping sides of bowl if necessary. With rubber spatula, fold in chocolate chips.
- ☐ Pour filling evenly over crust.
- ☐ Bake 35 to 40 minutes or until edges are set. Center will be soft but will set when cool. Cool 1 hour. Refrigerate at least 2 hours.
- ☐ Sprinkle evenly with nutmeg. For squares, cut into 8 rows by 6 rows.
- ☐ Remove from foil. Store squares in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.52, Glycemic Load:3.47, Inflammation Score:-2, Nutrition Score:1.5626087067244%

Nutrients (% of daily need)

Calories: 99.36kcal (4.97%), Fat: 7.49g (11.52%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.66g (2.42%), Sugar: 4.46g (4.96%), Cholesterol: 18.07mg (6.02%), Sodium: 70.98mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin A: 231.67IU (4.63%), Vitamin B2: 0.05mg

(3.03%), Selenium: 2.02µg (2.88%), Manganese: 0.05mg (2.68%), Phosphorus: 26.52mg (2.65%), Vitamin E: 0.3mg (1.97%), Copper: 0.04mg (1.92%), Iron: 0.34mg (1.87%), Magnesium: 6.62mg (1.65%), Calcium: 16.48mg (1.65%), Vitamin B1: 0.02mg (1.39%), Folate: 5.43µg (1.36%), Vitamin B5: 0.12mg (1.16%), Zinc: 0.17mg (1.14%), Potassium: 38.25mg (1.09%), Fiber: 0.26g (1.03%)