



WHATSheATE



Chocolate Lover's Cheesecake

READY IN



45 min.

SERVINGS



8

CALORIES



582 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 16 ounce cream cheese softened
- ☐ 2 eggs
- ☐ 1.5 cups graham cracker crumbs
- ☐ 1 cup semi chocolate chips
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup sugar white

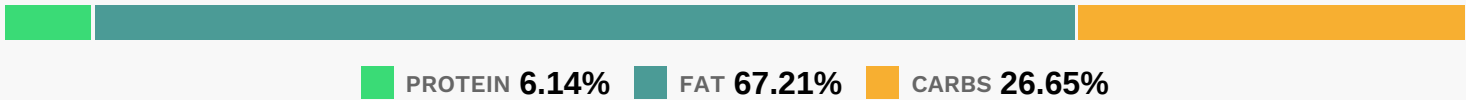
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ springform pan

Directions

- ☐ To make cracker crust, stir together cracker crumbs and 1/3 c sugar. Blend in 1/3 cup melted butter or margarine. Press mixture onto bottom and halfway up side of 9 inch springform pan. Preheat oven to 375 degrees F (190 degrees C).
- ☐ In large mixer bowl, beat cream cheese, 3/4 cup sugar, cocoa, and 1 teaspoon vanilla until light and fluffy.
- ☐ Add eggs; blend well. Stir in chocolate chips.
- ☐ Pour into the prepared crust.
- ☐ Bake for 20 minutes.
- ☐ Remove from oven and let cool for 15 minutes. Increase oven temperature to 425 degrees F (220 degrees C).
- ☐ In a small bowl, stir together sour cream, remaining 2 tablespoons sugar and remaining 2 teaspoons vanilla. Stir until smooth.
- ☐ Spread evenly over baked filling.
- ☐ Bake 10 minutes.
- ☐ Remove from oven to wire rack. With knife, loosen cake from side of pan. Cool completely; remove side of pan. Refrigerate before serving. Cover; refrigerate leftovers -- If any.

Nutrition Facts



Properties

Glycemic Index:27.64, Glycemic Load:15.15, Inflammation Score:-7, Nutrition Score:11.763478209143%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 582.4kcal (29.12%), Fat: 44.68g (68.74%), Saturated Fat: 25.16g (157.24%), Carbohydrates: 39.86g (13.29%), Net Carbohydrates: 35.54g (12.92%), Sugar: 23.56g (26.18%), Cholesterol: 136.6mg (45.53%), Sodium: 370.61mg (16.11%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Caffeine: 31.71mg (10.57%), Protein: 9.18g (18.35%), Manganese: 0.52mg (25.97%), Copper: 0.51mg (25.69%), Vitamin A: 1245.1IU (24.9%), Phosphorus: 236.09mg (23.61%), Magnesium: 85.28mg (21.32%), Vitamin B2: 0.3mg (17.4%), Fiber: 4.32g (17.3%), Selenium: 12.11µg (17.29%), Iron: 3.1mg (17.23%), Calcium: 125.53mg (12.55%), Zinc: 1.8mg (11.98%), Potassium: 366.53mg (10.47%), Vitamin E: 1.07mg (7.12%), Vitamin B5: 0.68mg (6.79%), Vitamin B12: 0.34µg (5.65%), Folate: 21.22µg (5.31%), Vitamin B3: 1mg (4.98%), Vitamin B1: 0.07mg (4.73%), Vitamin B6: 0.09mg (4.62%), Vitamin K: 4.07µg (3.87%), Vitamin D: 0.22µg (1.47%)