



## Chocolate-Mint Cheesecake

READY IN



45 min.

SERVINGS



16

CALORIES



214 kcal

DESSERT

## Ingredients

- ☐ 1 cup d chocolate cookie crumbs such as Oreo
- ☐ 24 ounce blocks cream cheese fat-free softened
- ☐ 8 ounce block softened
- ☐ 10 crème de menthe chocolaty mint thins chopped
- ☐ 4 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon stick margarine melted
- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar

☐ 2 teaspoons vanilla extract

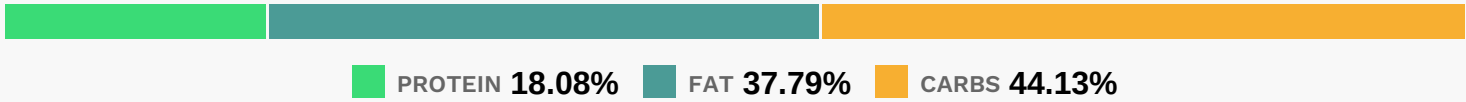
Equipment

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

Directions

- ☐ Preheat oven to 30
- ☐ To prepare the crust, combine the first 3 ingredients in a bowl; toss with a fork until moist. Press mixture into the bottom of a 9-inch springform pan coated with cooking spray.
- ☐ To prepare the filling, beat cheeses at high speed of a mixer until smooth.
- ☐ Add 1 cup sugar, flour, and vanilla; beat well.
- ☐ Add eggs, 1 at a time, beating well after each addition. Stir in chopped mints.
- ☐ Pour cheese mixture into prepared pan; bake at 300 for 1 hour or until almost set. Cheesecake is done when the center barely moves when pan is touched.
- ☐ Remove cheesecake from oven; run a knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:13.26, Inflammation Score:-3, Nutrition Score:5.8786956421707%

Nutrients (% of daily need)

Calories: 213.68kcal (10.68%), Fat: 8.93g (13.74%), Saturated Fat: 4.19g (26.2%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 23.35g (8.49%), Sugar: 18.56g (20.62%), Cholesterol: 65.92mg (21.97%), Sodium: 391.8mg (17.03%),

Alcohol: 0.36g (100%), Alcohol %: 0.49% (100%), Protein: 9.61g (19.23%), Phosphorus: 268.21mg (26.82%), Calcium: 171.51mg (17.15%), Vitamin B2: 0.23mg (13.67%), Selenium: 8.09µg (11.56%), Vitamin B12: 0.55µg (9.12%), Folate: 29.68µg (7.42%), Vitamin B5: 0.66mg (6.56%), Vitamin A: 318.84IU (6.38%), Zinc: 0.91mg (6.08%), Potassium: 162.59mg (4.65%), Vitamin B1: 0.06mg (3.9%), Magnesium: 13.4mg (3.35%), Iron: 0.57mg (3.19%), Vitamin E: 0.44mg (2.96%), Vitamin B6: 0.06mg (2.79%), Manganese: 0.05mg (2.53%), Vitamin B3: 0.41mg (2.05%), Copper: 0.04mg (1.82%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.11µg (1.06%)