



Chocolate Raspberry Cheesecake

READY IN



45 min.

SERVINGS



10

CALORIES



340 kcal

Ingredients

- ☐ 14 ounce eagle brand® condensed milk sweetened canned NOT evaporated milk
- ☐ 6 ounce cream cheese softened
- ☐ 1 eggs
- ☐ 6 ounce d graham cracker pie crust
- ☐ 3 tablespoons lemon juice from concentrate
- ☐ 1 cup raspberries fresh
- ☐ 2 ounce bittersweet chocolate
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup whipping cream

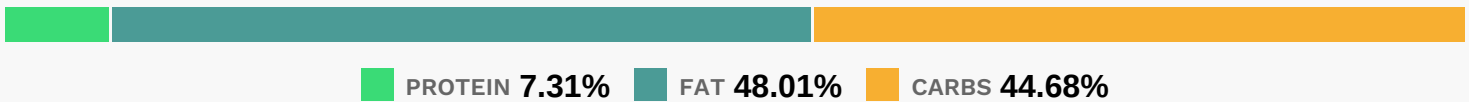
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven at 350 degrees F. With mixer, beat cream cheese until fluffy. Gradually beat in Eagle Brand® until smooth.
- ☐ Add egg, lemon juice, and vanilla; mix well.
- ☐ Arrange raspberries on bottom of crust. Slowly pour cheese mixture over fruit.
- ☐ Bake 30 to 35 minutes or until center is almost set. Cool
- ☐ Chocolate Glaze: In small saucepan, over low heat, melt semi-sweet chocolate with whipping cream. Cook and stir until thickened and smooth.
- ☐ Remove from heat. Top cheesecake with Chocolate Glaze; chill.
- ☐ Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:13.59, Inflammation Score:-4, Nutrition Score:7.7465217735456%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg

0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin:
0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 339.89kcal (16.99%), Fat: 18.35g (28.23%), Saturated Fat: 9.22g (57.66%), Carbohydrates: 38.43g (12.81%),
Net Carbohydrates: 36.86g (13.4%), Sugar: 28.28g (31.42%), Cholesterol: 54.11mg (18.04%), Sodium: 192.55mg
(8.37%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Caffeine: 4.88mg (1.63%), Protein: 6.28g (12.57%),
Manganese: 0.38mg (19.07%), Phosphorus: 169.28mg (16.93%), Vitamin B2: 0.28mg (16.48%), Calcium: 147.37mg
(14.74%), Selenium: 9.81µg (14.02%), Vitamin A: 452.87IU (9.06%), Magnesium: 29.64mg (7.41%), Potassium:
256.14mg (7.32%), Vitamin C: 5.95mg (7.22%), Copper: 0.13mg (6.67%), Zinc: 0.95mg (6.3%), Fiber: 1.57g (6.28%),
Iron: 1.06mg (5.91%), Vitamin B5: 0.57mg (5.7%), Folate: 22.68µg (5.67%), Vitamin K: 5.85µg (5.57%), Vitamin B1:
0.08mg (5.38%), Vitamin E: 0.77mg (5.13%), Vitamin B12: 0.27µg (4.52%), Vitamin B3: 0.78mg (3.89%), Vitamin B6:
0.06mg (3.15%), Vitamin D: 0.26µg (1.75%)