



## Chocolate Royale Cheesecake

READY IN



390 min.

SERVINGS



30

CALORIES



232 kcal

DESSERT

### Ingredients

- 2 Tbsp butter melted
- 32 oz philadelphia cream cheese softened
- 4 eggs
- 2 Tbsp flour
- 1 cup granulated sugar
- 0.3 cup poached berries mixed (blueberries and raspberries)
- 1.5 cups oreo cookies crushed finely
- 1 Tbsp powdered sugar sifted
- 8 oz baker's semi-sweet chocolate cooled melted

1 tsp vanilla

## Equipment

frying pan

oven

knife

blender

springform pan

## Directions

Heat oven to 325F.

Mix cookie crumbs and butter; press onto bottom of 9-inch springform pan.

Bake 10 min. Meanwhile, beat next 3 ingredients with mixer until well blended.

Add melted chocolate and vanilla; mix well.

Add eggs, 1 at a time, mixing on low speed after each just until blended.

Pour batter over crust.

Bake 55 min. to 1 hour or until center is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate 4 hours. Top with powdered sugar and berries just before serving.

## Nutrition Facts



**PROTEIN 6.03%** **FAT 61.87%** **CARBS 32.1%**

## Properties

Glycemic Index:5.74, Glycemic Load:5.38, Inflammation Score:-4, Nutrition Score:4.2265217688097%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.86mg, Malvidin: 0.86mg, Malvidin: 0.86mg, Malvidin: 0.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 231.64kcal (11.58%), Fat: 16.17g (24.88%), Saturated Fat: 8.57g (53.54%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 17.98g (6.54%), Sugar: 14.27g (15.85%), Cholesterol: 52.82mg (17.61%), Sodium: 143.99mg (6.26%), Alcohol: 0.05g (100%), Alcohol %: 0.1% (100%), Caffeine: 6.9mg (2.3%), Protein: 3.55g (7.09%), Vitamin A: 475.91IU (9.52%), Iron: 1.61mg (8.95%), Manganese: 0.17mg (8.3%), Selenium: 5.67µg (8.09%), Vitamin B2: 0.12mg (7.29%), Phosphorus: 72.02mg (7.2%), Copper: 0.13mg (6.63%), Magnesium: 20.73mg (5.18%), Vitamin E: 0.6mg (4.01%), Calcium: 39.56mg (3.96%), Fiber: 0.9g (3.59%), Vitamin K: 3.67µg (3.5%), Zinc: 0.49mg (3.28%), Potassium: 111.8mg (3.19%), Vitamin B5: 0.31mg (3.14%), Folate: 11.4µg (2.85%), Vitamin B12: 0.13µg (2.22%), Vitamin B1: 0.03mg (2.14%), Vitamin B3: 0.34mg (1.71%), Vitamin B6: 0.03mg (1.63%)