



Coconut-Chocolate-Almond Cheesecake

READY IN

ready

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45 min.

SERVINGS

servings

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12

CALORIES

calories

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1051 kcal

DESSERT

Ingredients

- ☐ 12 servings garnish: almonds toasted chopped
- ☐ 0.3 cup butter melted
- ☐ 1.5 cups chocolate wafer cookie crumbs 28 to 30 cookies
- ☐ 14 ounce coconut or flaked
- ☐ 32 ounce cream cheese softened
- ☐ 3 large eggs
- ☐ 11.5 ounce milk chocolate morsels
- ☐ 0.5 cup semisweet chocolate morsels
- ☐ 0.5 cup slivered almonds toasted

- ☐ 1 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

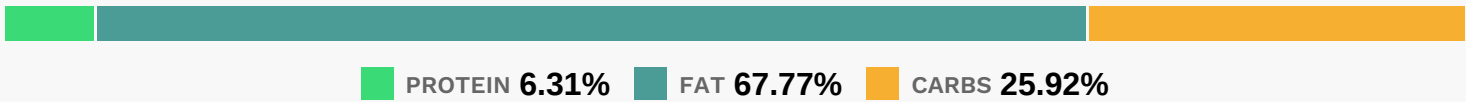
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ ziploc bags
- ☐ springform pan

Directions

- ☐ Stir together first 3 ingredients; press mixture into bottom of a 10-inch springform pan.
- ☐ Bake at 350 for 8 minutes. Cool.
- ☐ Beat cream cheese, eggs, and 1 cup sugar at medium speed with an electric mixer until fluffy. Stir in coconut, milk chocolate morsels,1/2 cup almonds, and vanilla.
- ☐ Pour into pan.
- ☐ Bake at 350 for 1 hour. Cool on a wire rack.
- ☐ Place semisweet morsels in a zip-top plastic bag; seal. Submerge bag in warm water until morsels melt. Snip a tiny hole in 1 corner of bag; drizzle chocolate over cheesecake.
- ☐ Cover and chill 8 hours. Chill up to 5 days, if desired.
- ☐ Garnish, if desired.
- ☐ NOTE: For testing purposes only, we used Nabisco chocolate wafers.

Nutrition Facts



Properties

Glycemic Index:19.72, Glycemic Load:19.97, Inflammation Score:-8, Nutrition Score:24.189130295878%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 1051.08kcal (52.55%), Fat: 82.25g (126.53%), Saturated Fat: 43.79g (273.66%), Carbohydrates: 70.79g (23.6%), Net Carbohydrates: 60.01g (21.82%), Sugar: 50g (55.56%), Cholesterol: 123.58mg (41.19%), Sodium: 394.49mg (17.15%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Caffeine: 7.85mg (2.62%), Protein: 17.24g (34.48%), Manganese: 1.91mg (95.32%), Vitamin E: 10.05mg (67%), Fiber: 10.78g (43.12%), Vitamin B2: 0.7mg (41.42%), Copper: 0.8mg (40.06%), Magnesium: 152.02mg (38.01%), Phosphorus: 378.81mg (37.88%), Selenium: 19.42µg (27.74%), Vitamin A: 1257.73IU (25.15%), Calcium: 211.78mg (21.18%), Iron: 3.73mg (20.7%), Potassium: 701.94mg (20.06%), Zinc: 2.63mg (17.56%), Vitamin B5: 1.13mg (11.29%), Vitamin B6: 0.22mg (11.01%), Vitamin B3: 1.99mg (9.96%), Vitamin B1: 0.14mg (9.62%), Folate: 37.46µg (9.37%), Vitamin B12: 0.31µg (5.14%), Vitamin K: 2.6µg (2.48%), Vitamin D: 0.25µg (1.67%)