



Coconut Chocolate Cheesecake

 Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



573 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brown sugar or to taste
- ☐ 0.3 cup cocoa powder
- ☐ 0.5 cup so delicious vanilla coconut milk creamer french
- ☐ 2 cups coconut cookies crushed (most are dairy free)
- ☐ 250 mL dairy-free cream cheese alternative
- ☐ 3 ounces dairy-free chocolate chopped fine
- ☐ 325 mL so delicious dairy free original culinary coconut milk
- ☐ 0.3 cup desiccated coconut shredded sweetened

- ☐ 2 large eggs
- ☐ 1 tablespoon flour
- ☐ 1 tablespoon coffee granules instant
- ☐ 1 cup sugar
- ☐ 420 mL spicy tofu soft drained
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup non-hydrogenated vegetable shortening melted

Equipment

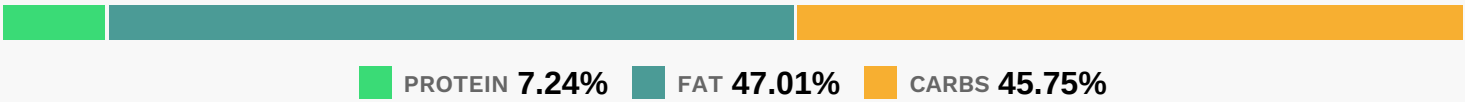
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ Mix together and press 3/4 of the crumbs on to the bottom of a spring form pan, press down using the bottom of a glass. If it sticks dip the glass in sugar. Save the remainder to sprinkle around the top of the cheesecake for decoration. Blend all ingredients in a food processor or blender, except eggs. When very smooth drop in eggs, mix only for a few seconds to incorporate.
- ☐ Pour into prepared crust.
- ☐ Sprinkle remaining crumbs around the edges for decoration.
- ☐ Bake in a preheated 325°F oven for approximately 50 minutes. Cool and refrigerate in the pan until ready to serve. Run the back of a knife around edges to loosen from pan.
- ☐ Whisk all ingredients in a small sauce pot until smooth, except chopped chocolate. When blended add chocolate to pan. On medium heat simmer all of the ingredients together, whisking regularly to prevent sticking. Reduce the mixture allowing to thicken for 5 minutes. Cool and pour over the cooled cheesecake. This makes quite a bit and can be served

on the side as well.

Nutrition Facts



Properties

Glycemic Index:35.45, Glycemic Load:34.04, Inflammation Score:-4, Nutrition Score:10.043913043064%

Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 572.67kcal (28.63%), Fat: 30.59g (47.07%), Saturated Fat: 11.8g (73.72%), Carbohydrates: 67g (22.33%), Net Carbohydrates: 63.76g (23.19%), Sugar: 38.9g (43.22%), Cholesterol: 37.2mg (12.4%), Sodium: 321.91mg (14%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Caffeine: 20.65mg (6.88%), Protein: 10.6g (21.19%), Manganese: 0.45mg (22.53%), Iron: 3.88mg (21.54%), Vitamin B2: 0.27mg (16.14%), Vitamin E: 2.4mg (16.02%), Vitamin B3: 2.95mg (14.75%), Folate: 57.27µg (14.32%), Calcium: 141.12mg (14.11%), Vitamin B1: 0.2mg (13.57%), Fiber: 3.24g (12.98%), Selenium: 7.93µg (11.33%), Copper: 0.22mg (10.92%), Phosphorus: 84.53mg (8.45%), Vitamin K: 8.03µg (7.65%), Vitamin B12: 0.44µg (7.32%), Vitamin B6: 0.14mg (7.02%), Magnesium: 27.84mg (6.96%), Potassium: 194.51mg (5.56%), Zinc: 0.7mg (4.68%), Vitamin A: 222.1IU (4.44%), Vitamin D: 0.59µg (3.93%), Vitamin B5: 0.38mg (3.79%), Vitamin C: 2.48mg (3%)