



Creamy Chocolate-Amaretto Cheesecake

READY IN



45 min.

SERVINGS



8

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 0.3 cup amaretto (almond-flavored liqueur)
- ☐ 1.5 ounces chocolate wafers
- ☐ 4 ounces cream cheese fat-free block-style
- ☐ 8 ounce block
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup curd cottage cheese 1% low-fat
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons semisweet chocolate minichips

- ☐ 1 cup sugar
- ☐ 6 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

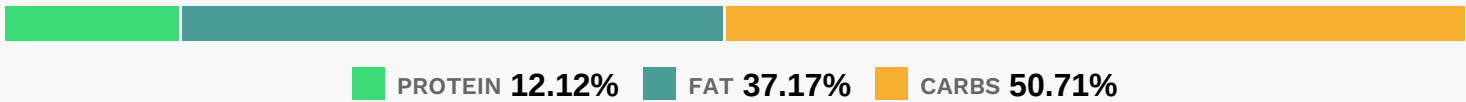
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ springform pan

Directions

- ☐ Preheat oven to 30
- ☐ Place wafers in a food processor, and pulse until coarsely ground.
- ☐ Sprinkle crumbs into bottom of an 8-inch springform pan coated with cooking spray.
- ☐ Place sugar and next 8 ingredients (sugar through cream cheese) in a food processor, and process until smooth.
- ☐ Add egg, and process until blended.
- ☐ Pour the cheese mixture into prepared pan, and sprinkle with minichips.
- ☐ Bake at 300 for 55 minutes or until the cheesecake center barely moves when pan is touched.
- ☐ Remove cheesecake from oven, and run a knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:27.7, Glycemic Load:21.86, Inflammation Score:-4, Nutrition Score:7.150869636432%

Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 330.98kcal (16.55%), Fat: 13.6g (20.93%), Saturated Fat: 7.55g (47.2%), Carbohydrates: 41.76g (13.92%), Net Carbohydrates: 39.79g (14.47%), Sugar: 33.44g (37.16%), Cholesterol: 55.04mg (18.35%), Sodium: 417.72mg (18.16%), Alcohol: 2.09g (100%), Alcohol %: 2.09% (100%), Caffeine: 14.25mg (4.75%), Protein: 9.98g (19.96%), Phosphorus: 203.54mg (20.35%), Selenium: 10.24µg (14.63%), Vitamin B2: 0.23mg (13.43%), Manganese: 0.27mg (13.41%), Copper: 0.25mg (12.31%), Calcium: 107.73mg (10.77%), Magnesium: 37.01mg (9.25%), Vitamin A: 436.07IU (8.72%), Fiber: 1.97g (7.88%), Iron: 1.37mg (7.64%), Vitamin B12: 0.44µg (7.37%), Zinc: 0.99mg (6.58%), Folate: 24.69µg (6.17%), Potassium: 206.52mg (5.9%), Vitamin B5: 0.5mg (4.95%), Vitamin B1: 0.07mg (4.44%), Vitamin B6: 0.06mg (3.15%), Vitamin B3: 0.61mg (3.04%), Vitamin E: 0.38mg (2.54%), Vitamin K: 1.17µg (1.11%)