



Dark Chocolate Ganache Cheesecake

 Very Healthy

READY IN



360 min.

SERVINGS



1

CALORIES



6981 kcal

DESSERT

Ingredients

- 6 oz baker's bittersweet chocolate
- 0.3 cup butter melted
- 32 oz philadelphia cream cheese softened
- 4 eggs
- 1.5 cups graham cracker crumbs
- 1 cup raspberries fresh
- 1 cup sugar
- 3 Tbsp sugar

- 1 tsp vanilla
- 8 oz cool whip whipped topping (Do not thaw.)

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- microwave
- springform pan

Directions

- Heat oven to 325F.
- Mix graham crumbs, 3 Tbsp. sugar and butter; press onto bottom of 9-inch springform pan.
- Beat cream cheese, 1 cup sugar and vanilla with mixer until blended.
- Add eggs, 1 at a time, mixing on low speed after each just until blended.
- Pour over crust.
- Bake 55 min. or until center is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate cheesecake 4 hours.
- Microwave COOL WHIP and chocolate in microwaveable bowl on HIGH 2 to 2-1/2 min. or until chocolate is completely melted and mixture is well blended, stirring after each minute. Cool 15 min.; slowly pour over cheesecake.
- Garnish with raspberries.

Nutrition Facts



Properties

Glycemic Index:267.18, Glycemic Load:247.84, Inflammation Score:-10, Nutrition Score:76.599999883901%

Flavonoids

Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 6981.09kcal (349.05%), Fat: 498.73g (767.28%), Saturated Fat: 266.49g (1665.55%), Carbohydrates: 540.59g (180.2%), Net Carbohydrates: 514.9g (187.24%), Sugar: 421.07g (467.86%), Cholesterol: 1585.72mg (528.57%), Sodium: 4826.6mg (209.85%), Alcohol: 1.44g (100%), Alcohol %: 0.09% (100%), Caffeine: 146.28mg (48.76%), Protein: 106.11g (212.23%), Vitamin A: 16132.97IU (322.66%), Phosphorus: 2236.22mg (223.62%), Selenium: 153.44µg (219.2%), Vitamin B2: 3.6mg (211.95%), Manganese: 3.23mg (161.3%), Calcium: 1400.08mg (140.01%), Magnesium: 521.53mg (130.38%), Copper: 2.6mg (130.04%), Iron: 21.21mg (117.83%), Fiber: 25.69g (102.77%), Vitamin E: 15.18mg (101.18%), Zinc: 14.52mg (96.78%), Vitamin B5: 8.84mg (88.39%), Potassium: 3080.81mg (88.02%), Vitamin B12: 4.4µg (73.29%), Folate: 255.09µg (63.77%), Vitamin B6: 1.11mg (55.52%), Vitamin B1: 0.71mg (47.5%), Vitamin K: 48.44µg (46.14%), Vitamin B3: 8.13mg (40.63%), Vitamin C: 31.59mg (38.29%), Vitamin D: 3.52µg (23.47%)