



WHATSheATE



Double Chocolate Cheesecake

READY IN



65 min.

SERVINGS



10

CALORIES



414 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons pillsbury best® all purpose flour
- ☐ 0.3 cup butter melted
- ☐ 14 ounce eagle brand® condensed milk sweetened low fat canned
- ☐ 1 large eggs
- ☐ 3 large egg whites
- ☐ 1.3 cups graham cracker crumbs
- ☐ 24 ounce cream cheese softened
- ☐ 0.3 cup semi-sweet chocolate chips melted
- ☐ 0.3 cup sugar

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract

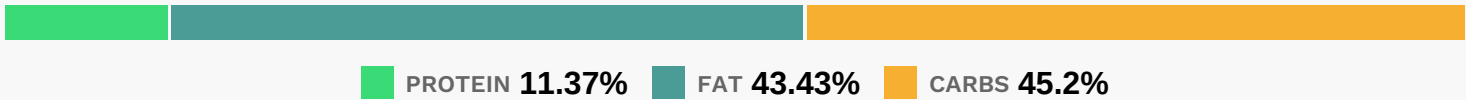
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ springform pan

Directions

- ☐ Heat oven to 300 degrees F. Spray bottom of 9-inch springform pan with no-stick cooking spray.
- ☐ Combine graham cracker crumbs, sugar and butter; sprinkle evenly into bottom of pan.
- ☐ Beat cream cheese until fluffy in large bowl.
- ☐ Mix in cocoa and flour.
- ☐ Add remaining ingredients; mix well.
- ☐ Pour into prepared pan.
- ☐ Bake 40 to 50 minutes or until center is set. Cool. Chill.
- ☐ Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:26.91, Glycemic Load:10.39, Inflammation Score:-5, Nutrition Score:7.7778260293214%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 414.37kcal (20.72%), Fat: 20.15g (31%), Saturated Fat: 11.62g (72.62%), Carbohydrates: 47.19g (15.73%), Net Carbohydrates: 45.36g (16.5%), Sugar: 36.02g (40.02%), Cholesterol: 72.77mg (24.26%), Sodium: 414.36mg (18.02%), Alcohol: 0.21g (100%), Alcohol %: 0.17% (100%), Caffeine: 10.36mg (3.45%), Protein: 11.87g (23.74%), Calcium: 219.91mg (21.99%), Phosphorus: 172.26mg (17.23%), Vitamin B2: 0.24mg (14.18%), Vitamin A: 645.8IU (12.92%), Vitamin B12: 0.7µg (11.61%), Selenium: 7.86µg (11.23%), Copper: 0.2mg (9.9%), Manganese: 0.19mg (9.74%), Magnesium: 36.01mg (9%), Potassium: 282.82mg (8.08%), Iron: 1.43mg (7.94%), Fiber: 1.83g (7.31%), Vitamin B5: 0.71mg (7.07%), Zinc: 0.99mg (6.61%), Folate: 25.71µg (6.43%), Vitamin B1: 0.08mg (5.01%), Vitamin B3: 0.73mg (3.67%), Vitamin B6: 0.06mg (2.81%), Vitamin E: 0.4mg (2.65%), Vitamin D: 0.3µg (2.03%), Vitamin K: 1.55µg (1.48%)