



Elegant Chocolate Charlotte

READY IN



45 min.

SERVINGS



12

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce blocks cream cheese fat-free softened
- 1.5 cups milk fat-free cold divided
- 0.3 cup kahlua (coffee-flavored liqueur)
- 6 ounce ladyfingers packages)
- 1.8 cups powdered sugar sifted
- 1 cup cocoa unsweetened
- 1 teaspoon vanilla extract
- 2.6 ounce whipped topping mix (such as Dream Whip)

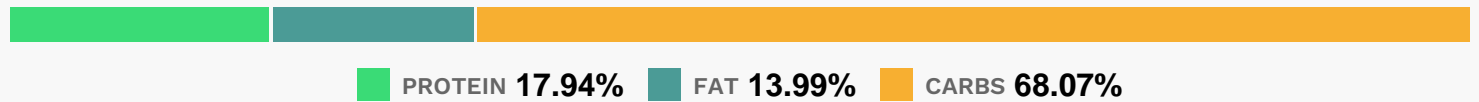
Equipment

- frying pan
- blender
- plastic wrap
- springform pan

Directions

- Split ladyfingers in half lengthwise.
- Brush cut sides of ladyfinger halves with Kahla; arrange, cut sides up, in bottom and up sides of a 10-inch springform pan. Cover with plastic wrap.
- Prepare whipped topping mix according to package directions using 1 cup cold milk and vanilla extract.
- Combine sugar and cocoa. Beat sugar mixture and cream cheese at medium speed of a mixer until well-blended (mixture will not be completely smooth).
- Add 1/2 cup milk to cream cheese mixture; beat well. Gently fold in whipped topping.
- Pour mixture into prepared pan. Cover and freeze 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:2.77, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:8.3278260645659%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 217.84kcal (10.89%), Fat: 3.49g (5.38%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 35.47g (12.9%), Sugar: 24.65g (27.39%), Cholesterol: 36.9mg (12.3%), Sodium: 305.45mg (13.28%), Alcohol: 1.18g (100%), Alcohol %: 1.26% (100%), Caffeine: 16.48mg (5.49%), Protein: 10.08g (20.16%),

Phosphorus: 312.15mg (31.22%), Calcium: 193.51mg (19.35%), Manganese: 0.32mg (15.89%), Copper: 0.3mg (15.07%), Vitamin B2: 0.23mg (13.38%), Magnesium: 49.92mg (12.48%), Fiber: 2.79g (11.17%), Vitamin B12: 0.66µg (10.92%), Zinc: 1.36mg (9.08%), Iron: 1.59mg (8.85%), Potassium: 288.22mg (8.23%), Folate: 27.23µg (6.81%), Vitamin B5: 0.6mg (6.03%), Selenium: 3.74µg (5.35%), Vitamin B1: 0.08mg (5.29%), Vitamin A: 165.87IU (3.32%), Vitamin B6: 0.06mg (3.19%), Vitamin B3: 0.59mg (2.93%), Vitamin D: 0.34µg (2.25%)