



Frango Mint Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



218 kcal

DESSERT

Ingredients

- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 8 ounce block softened
- ☐ 1 large egg white
- ☐ 3 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 sheets chocolate graham crackers
- ☐ 1 cup curd cottage cheese 1% low-fat
- ☐ 5 frango mint candies divided chopped

- ☐ 0.1 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 2 teaspoons vanilla extract

Equipment

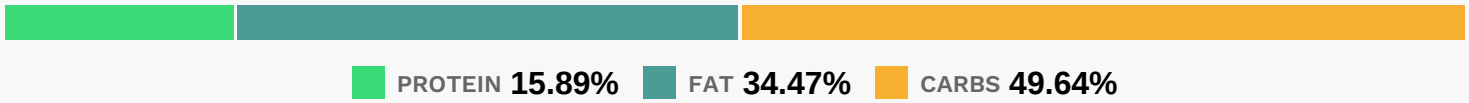
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 35
- ☐ Place chocolate graham crackers in a food processor; process 30 seconds or until finely ground.
- ☐ Sprinkle crumbs over bottom of a 9-inch springform pan coated with cooking spray. Lightly coat crumbs with cooking spray. Wrap outside of pan with a double layer of foil.
- ☐ Combine sugar, flour, and salt.
- ☐ Place cottage cheese and cream cheeses in a food processor; process 1 minute or until smooth.
- ☐ Add sugar mixture; process 1 minute or until smooth.
- ☐ Add vanilla, eggs, and egg white; process 1 minute or until well blended.
- ☐ Add half of chopped mints; pulse once to combine.
- ☐ Pour batter into prepared pan.
- ☐ Sprinkle remaining half of chopped mints evenly over batter.
- ☐ Place springform pan in a jelly-roll pan or large roasting pan; add hot water to pan to a depth of 1 inch.

- ☐
- Bake at 350 for 50 minutes or until cheesecake center barely moves when pan is touched.
- ☐
- Remove the cheesecake from oven; cool in pan on a wire rack 5 minutes. Run a knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:17.12, Inflammation Score:-2, Nutrition Score:4.7173912732498%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 218kcal (10.9%), Fat: 8.4g (12.92%), Saturated Fat: 4.49g (28.08%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 27.06g (9.84%), Sugar: 23.74g (26.38%), Cholesterol: 68.61mg (22.87%), Sodium: 330.83mg (14.38%), Alcohol: 0.23g (100%), Alcohol %: 0.3% (100%), Protein: 8.71g (17.42%), Phosphorus: 176.55mg (17.65%), Selenium: 9.39µg (13.42%), Vitamin B2: 0.21mg (12.61%), Calcium: 106.79mg (10.68%), Vitamin B12: 0.45µg (7.56%), Vitamin A: 356.76IU (7.14%), Folate: 21.54µg (5.39%), Vitamin B5: 0.51mg (5.14%), Zinc: 0.68mg (4.52%), Potassium: 125.33mg (3.58%), Vitamin B6: 0.06mg (2.9%), Iron: 0.52mg (2.89%), Vitamin B1: 0.04mg (2.76%), Magnesium: 10.81mg (2.7%), Vitamin E: 0.3mg (2%), Vitamin D: 0.25µg (1.67%), Copper: 0.03mg (1.59%), Vitamin B3: 0.31mg (1.53%), Manganese: 0.03mg (1.49%)