



Frozen Chocolate-Caramel Cheesecakes

READY IN



20 min.

SERVINGS



100

CALORIES



108 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 12.3 ounce caramel topping
- ☐ 8 ounce cream cheese softened
- ☐ 18 ounce ready-made graham cracker crusts
- ☐ 1 cup pecans chopped
- ☐ 2 cups semisweet chocolate morsels 12-ounce package
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 10 ounce almond toffee bits
- ☐ 16 ounce non-dairy whipped topping frozen thawed

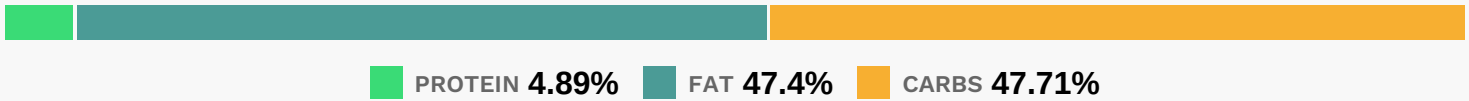
Equipment

- ☐ frying pan
- ☐ hand mixer

Directions

- ☐ Beat cream cheese at medium speed with an electric mixer until smooth.
- ☐ Add milk, beating until blended. Stir in chocolate morsels and toffee bits; fold in whipped topping.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add pecans; cook 5 minutes or until toasted, stirring constantly. Set aside.
- ☐ Spread 1 1/2 cups cream cheese mixture into each crust.
- ☐ Drizzle about 2 tablespoons caramel topping over each pie; sprinkle each pie with about 2 tablespoons toasted pecans.
- ☐ Spread remaining cream cheese mixture evenly over pecans.
- ☐ Drizzle remaining caramel topping over each pie; sprinkle with remaining toasted pecans. Cover and freeze 8 hours.
- ☐ Tip: You can substitute a chocolate graham cracker crust for the regular graham cracker crust.

Nutrition Facts



Properties

Glycemic Index:2.73, Glycemic Load:5.04, Inflammation Score:-1, Nutrition Score:1.763478267614%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:

0.03mg

Nutrients (% of daily need)

Calories: 108.3kcal (5.41%), Fat: 5.78g (8.9%), Saturated Fat: 3g (18.77%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 12.53g (4.56%), Sugar: 9.63g (10.7%), Cholesterol: 8.12mg (2.71%), Sodium: 68.73mg (2.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.1mg (1.03%), Protein: 1.34g (2.69%), Manganese: 0.1mg (4.95%), Phosphorus: 40.91mg (4.09%), Magnesium: 12.52mg (3.13%), Copper: 0.06mg (3.05%), Iron: 0.48mg (2.67%), Calcium: 26.52mg (2.65%), Vitamin B2: 0.04mg (2.55%), Fiber: 0.57g (2.26%), Zinc: 0.3mg (2.01%), Vitamin A: 96.79IU (1.94%), Selenium: 1.31µg (1.87%), Potassium: 60.09mg (1.72%), Vitamin B1: 0.03mg (1.68%), Vitamin B3: 0.25mg (1.26%)