

Frozen Lite Chocolate Cheesecake Pie

READY IN



490 min.

SERVINGS



8

CALORIES



125 kcal

DESSERT

Ingredients

- 1 9-inch chocolate pie crust ()
- 2 tablespoons cocoa powder
- 8 ounce weight cream cheese fat-free softened cut into cubes
- 0.5 cup skim milk fat-free
- 0.5 cup frangelico karo®
- 0.3 cup bittersweet chocolate
- 2 tablespoons sugar
- 1 tablespoon sugar
- 1 teaspoon vanilla extract pure spice islands®

1.5 cups non-dairy whipped topping reduced-calorie

Equipment

food processor

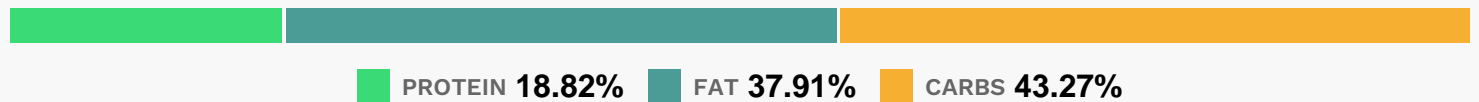
blender

microwave

Directions

- Heat syrup and half and half in a microwave-safe container for 1 minute. Stir in chocolate chips and heat for 30 seconds; stir until smooth and well blended.
- Pour mixture into blender or food processor; add cocoa, sucralose, sugar, cream cheese and vanilla.
- Blend on medium speed in blender until very smooth.
- Add whipped topping and mix until uniformly blended.
- Pour into crust. Cover and freeze for at least 6 hours.
- Remove from freezer and thaw for 15 to 30 minutes before serving.
- Garnish with additional whipped topping and cocoa, if desired.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:1.39, Inflammation Score:-2, Nutrition Score:4.6399999934694%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 125.39kcal (6.27%), Fat: 5.33g (8.2%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.64g (4.6%), Sugar: 10.51g (11.67%), Cholesterol: 4.86mg (1.62%), Sodium: 225.57mg (9.81%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Caffeine: 9.15mg (3.05%), Protein: 5.95g (11.91%), Phosphorus:

209.28mg (20.93%), Calcium: 129.84mg (12.98%), Vitamin B2: 0.13mg (7.67%), Copper: 0.15mg (7.64%), Manganese: 0.15mg (7.55%), Magnesium: 28.75mg (7.19%), Vitamin B12: 0.39µg (6.45%), Zinc: 0.84mg (5.59%), Potassium: 184.7mg (5.28%), Selenium: 2.95µg (4.22%), Fiber: 1.05g (4.19%), Iron: 0.71mg (3.93%), Vitamin B5: 0.33mg (3.31%), Folate: 11.42µg (2.86%), Vitamin B1: 0.03mg (1.74%), Vitamin B6: 0.03mg (1.51%), Vitamin K: 1.09µg (1.04%)