



German Chocolate Cheesecake

READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

243 kcal

DESSERT

Ingredients

- ☐ 0.7 cup caramel sundae topping fat-free
- ☐ 0.3 teaspoon coconut extract
- ☐ 16 ounce blocks cream cheese fat-free softened
- ☐ 0.5 cup dutch process cocoa
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup fudge topping fat-free hot

- ☐ 1 tablespoon ice water
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 0.3 cup pecans toasted chopped
- ☐ 2 tablespoons stick margarine chilled cut into small pieces
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup coconut or sweetened flaked toasted
- ☐ 2 teaspoons vanilla extract

Equipment

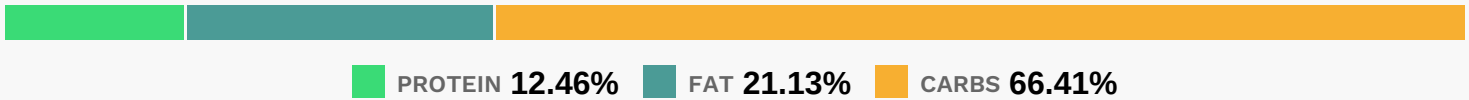
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 400
- ☐ To prepare crust, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place 2/3 cup flour and 2 tablespoons sugar in a food processor; pulse until combined.
- ☐ Add butter; pulse 3 times or until the mixture resembles coarse meal. With processor on, pour ice water through chute, processing just until blended (do not form a ball). Press into bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 400 for 8 minutes or until lightly browned. Cool on a wire rack. Reduce oven temperature to 325

- ☐ To prepare filling, combine cocoa, fudge topping, and milk in a small bowl. Beat cheeses at high speed of a mixer until smooth.
- ☐ Add 1 1/2 cups sugar, 3 tablespoons flour, and extracts.
- ☐ Add eggs and egg whites, 1 at a time, beating well after each addition.
- ☐ Add chocolate mixture; beat well.
- ☐ Pour cheese mixture into prepared pan.
- ☐ Bake at 325 for 1 hour and 5 minutes or until almost set. Cheesecake is done when the center barely moves when pan is touched.
- ☐ Remove cheesecake from oven; run knife around outside edge. Cool to room temperature.
- ☐ To prepare the topping, combine caramel sundae topping, chopped pecans, and toasted coconut; spread over cheesecake. Cover cheesecake, and chill at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:17.8, Inflammation Score:-3, Nutrition Score:6.4939130554381%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 5.3mg, Epicatechin: 5.3mg, Epicatechin: 5.3mg, Epicatechin: 5.3mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 243.17kcal (12.16%), Fat: 5.92g (9.11%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 41.86g (13.95%), Net Carbohydrates: 40.03g (14.56%), Sugar: 31.56g (35.06%), Cholesterol: 27.04mg (9.01%), Sodium: 304.92mg (13.26%), Alcohol: 0.2g (100%), Alcohol %: 0.26% (100%), Caffeine: 6.85mg (2.28%), Protein: 7.85g (15.7%), Phosphorus: 212.93mg (21.29%), Manganese: 0.32mg (15.85%), Calcium: 124.05mg (12.41%), Selenium: 7.69µg (10.98%), Vitamin B2: 0.18mg (10.87%), Copper: 0.19mg (9.74%), Magnesium: 31.53mg (7.88%), Fiber: 1.83g (7.33%), Folate: 27.31µg (6.83%), Zinc: 0.95mg (6.34%), Vitamin B12: 0.37µg (6.21%), Iron: 1.07mg (5.92%), Vitamin B1: 0.09mg (5.88%), Potassium: 198.18mg (5.66%), Vitamin B5: 0.44mg (4.41%), Vitamin B3: 0.59mg (2.96%), Vitamin E: 0.42mg (2.82%), Vitamin A: 128.59IU (2.57%), Vitamin B6: 0.04mg (2%)