



Guinness Chocolate Cheesecake



Vegetarian



Popular

READY IN



130 min.

SERVINGS



6

CALORIES



1059 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons cocoa powder
- ☐ 24 ounce cream cheese
- ☐ 12 ounces chocolate dark chopped
- ☐ 3 eggs
- ☐ 1 cup graham cracker crumbs
- ☐ 0.8 cup guinness
- ☐ 2 tablespoons heavy cream

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

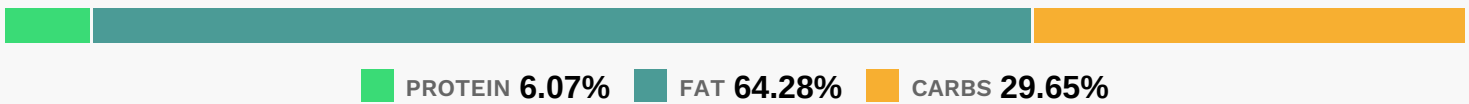
Equipment

- ☐ frying pan
- ☐ oven
- ☐ double boiler

Directions

- ☐ Mix the graham cracker crumbs, cocoa powder, sugar, and butter and press into the bottom of a 9 inch spring form pan.Melt the chocolate in the cream in a double boiler.Cream the cream cheese.
- ☐ Mix in the sugar, chocolate, sour cream, eggs, vanilla, and Guinness.
- ☐ Pour the mixture into the spring form pan.
- ☐ Bake in a preheated 350F oven for 60 minutes.Turn off heat and leave cheesecake in the oven with the door slightly ajar for 60 minutes.
- ☐ Let it cool completely.Chill the cheesecake in the fridge overnight.

Nutrition Facts



Properties

Glycemic Index:40.68, Glycemic Load:37.07, Inflammation Score:-9, Nutrition Score:21.889565250148%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 1059.36kcal (52.97%), Fat: 76.32g (117.41%), Saturated Fat: 43.32g (270.73%), Carbohydrates: 79.19g (26.4%), Net Carbohydrates: 71.92g (26.15%), Sugar: 55.35g (61.5%), Cholesterol: 225.06mg (75.02%), Sodium:

528.95mg (23%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Caffeine: 49.19mg (16.4%), Protein: 16.21g (32.43%), Manganese: 1.19mg (59.61%), Copper: 1.11mg (55.59%), Iron: 8.1mg (45.02%), Magnesium: 161.14mg (40.28%), Phosphorus: 398.67mg (39.87%), Vitamin A: 1973.38IU (39.47%), Selenium: 21.71µg (31.01%), Fiber: 7.27g (29.09%), Vitamin B2: 0.49mg (29.02%), Zinc: 3.2mg (21.31%), Calcium: 201.08mg (20.11%), Potassium: 667.04mg (19.06%), Vitamin B5: 1.31mg (13.07%), Vitamin E: 1.77mg (11.8%), Vitamin B12: 0.66µg (11%), Vitamin B6: 0.15mg (7.42%), Folate: 29.01µg (7.25%), Vitamin K: 7.4µg (7.05%), Vitamin B3: 1.31mg (6.54%), Vitamin B1: 0.09mg (6.17%), Vitamin D: 0.52µg (3.47%)