



Healthified Mini Chocolate Cheesecakes

 Dairy Free

READY IN



145 min.

SERVINGS



12

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 1 oz baker's chocolate melted
- ☐ 0.7 cup chocolate wafers such as nabisco famous crushed thin (from 9-oz package)
- ☐ 1 egg whites
- ☐ 0.3 cup topping fat-free hot
- ☐ 12 peanut butter cups
- ☐ 0.7 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla

☐ 1 eggs whole

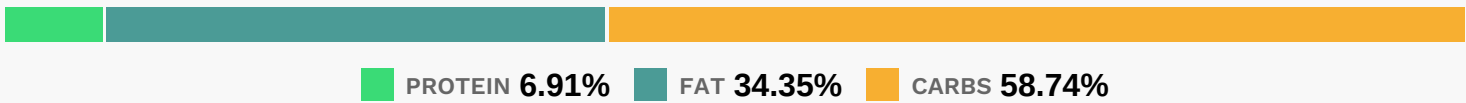
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Heat oven to 325°F.
- ☐ Place foil baking cup in each of 12 regular-size muffin cups. With back of spoon, firmly press slightly less than 1 tablespoon cookie crumbs in bottom of each foil cup.
- ☐ In large bowl, beat cream cheese with electric mixer on medium speed until creamy. Beat in sugar and vanilla until fluffy. Beat in cocoa. Beat in whole egg and egg white until well blended. Stir in melted chocolate. Divide cheese mixture evenly among crumb-lined foil cups.
- ☐ Bake 28 to 32 minutes or until set. Cool in pan on cooling rack 15 minutes.
- ☐ Remove cheesecakes from pan; cool 15 minutes longer. Refrigerate about 1 hour or until chilled.
- ☐ To serve, carefully remove foil baking cups.
- ☐ Spread fudge topping on cheesecakes.
- ☐ Garnish with raspberries. Store cheesecakes covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.97, Glycemic Load:12.27, Inflammation Score:-2, Nutrition Score:4.9608694865652%

Flavonoids

Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg Epicatechin: 6.87mg, Epicatechin: 6.87mg, Epicatechin: 6.87mg, Epicatechin: 6.87mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 241.18kcal (12.06%), Fat: 9.67g (14.88%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 34.87g (12.68%), Sugar: 27.14g (30.15%), Cholesterol: 15.01mg (5%), Sodium: 176.61mg (7.68%), Alcohol: 0.23g (100%), Alcohol %: 0.48% (100%), Caffeine: 9.11mg (3.04%), Protein: 4.38g (8.76%), Manganese: 0.29mg (14.66%), Copper: 0.28mg (13.99%), Magnesium: 39.02mg (9.76%), Fiber: 2.35g (9.4%), Iron: 1.58mg (8.75%), Phosphorus: 83.19mg (8.32%), Vitamin B3: 1.24mg (6.2%), Vitamin B2: 0.1mg (5.79%), Zinc: 0.83mg (5.54%), Potassium: 167.08mg (4.77%), Selenium: 3.32µg (4.74%), Folate: 18.07µg (4.52%), Vitamin B1: 0.06mg (4.22%), Calcium: 28.56mg (2.86%), Vitamin E: 0.39mg (2.61%), Vitamin B5: 0.24mg (2.35%), Vitamin B6: 0.03mg (1.73%), Vitamin B12: 0.1µg (1.6%), Vitamin K: 1.15µg (1.1%)