



Kahlua Cheesecakes

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 0.3 cup neufcha@gtel cheese softened
- ☐ 2 chocolate wafers such as nabisco famous crushed
- ☐ 2.5 tablespoons egg substitute frozen thawed
- ☐ 1 tablespoon fudge topping fat-free hot warmed
- ☐ 2 tablespoons kahlua
- ☐ 0.3 cup curd cottage cheese 1% low-fat
- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 teaspoon vanilla extract

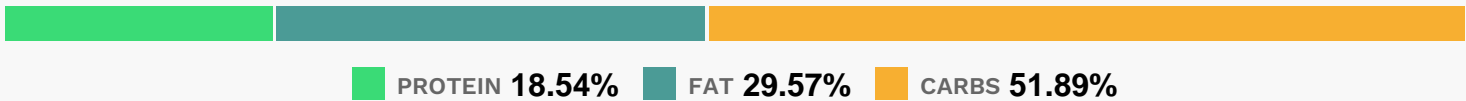
Equipment

- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ muffin tray

Directions

- ☐ Coat 4 (2 1/2-inch) paper baking cups with cooking spray; sprinkle chocolate wafer crumbs evenly on bottom and up sides of paper cups.
- ☐ Place paper cups in muffin pan cups.
- ☐ Combine Neufcha@Gtel cheese and next 5 ingredients in container of an electric blender; cover and process until smooth, stopping once to scrape down sides. Spoon cheese mixture evenly over wafer crumbs.
- ☐ Bake at 350 for 20 minutes or until almost set.
- ☐ Remove from oven; let cool to room temperature on a wire rack. Cover and chill.
- ☐ To serve, remove paper liners, and place on serving plates.
- ☐ Drizzle evenly with hot fudge topping.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:2.7217391551189%

Nutrients (% of daily need)

Calories: 116.13kcal (5.81%), Fat: 3.42g (5.26%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 13.26g (4.82%), Sugar: 10.87g (12.08%), Cholesterol: 7.74mg (2.58%), Sodium: 158mg (6.87%), Alcohol: 1.8g (100%), Alcohol %: 4.48% (100%), Protein: 4.82g (9.64%), Selenium: 7.7µg (11.01%), Calcium: 69.2mg (6.92%), Phosphorus: 67.07mg (6.71%), Vitamin B2: 0.11mg (6.27%), Vitamin B12: 0.2µg (3.39%), Zinc: 0.48mg (3.23%), Vitamin B5: 0.24mg (2.43%), Vitamin E: 0.36mg (2.4%), Iron: 0.41mg (2.3%), Manganese: 0.04mg (2.08%), Magnesium: 8.04mg (2.01%), Vitamin A: 99.51IU (1.99%), Copper: 0.04mg (1.98%), Potassium: 59.5mg (1.7%),

Vitamin B1: 0.02mg (1.65%), Folate: 6.38µg (1.59%), Vitamin B6: 0.03mg (1.52%), Vitamin D: 0.2µg (1.35%)