



Lightened Chocolate-Coffee Cheesecake With Mocha Sauce

READY IN



20 min.

SERVINGS



10

CALORIES



498 kcal

DESSERT

Ingredients

- ☐ 4 oz bittersweet baking chocolate squares
- ☐ 0.3 cup butter melted reduced-fat
- ☐ 0.3 cup rum / brandy / coffee liqueur
- ☐ 4 large eggs
- ☐ 2 cups chocolate graham crackers crushed (18 crackers)
- ☐ 10 servings mocha sauce
- ☐ 1 teaspoon coffee granules instant
- ☐ 32 oz cream cheese softened reduced-fat

- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave
- ☐ springform pan

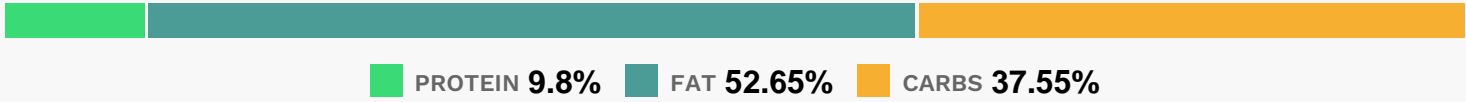
Directions

- ☐ Stir together crushed graham crackers and melted butter; press mixture into bottom and up sides of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 350 for 10 minutes. Cool on a wire rack. Reduce oven temperature to 32
- ☐ Beat cream cheese and sugar at medium speed with an electric mixer until blended.
- ☐ Add liqueur, vanilla, and coffee granules, beating at low speed until well blended.
- ☐ Add eggs, 1 at a time, beating just until yellow disappears after each addition.
- ☐ Remove and reserve 1 cup cream cheese mixture.
- ☐ Pour remaining batter into prepared crust.
- ☐ Microwave chocolate in a medium-size, microwave-safe bowl 1 minute or until melted, stirring after 30 seconds. Stir reserved 1 cup cream cheese mixture into melted chocolate, blending well. (
- ☐ Mixture will be thick.) Spoon mixture in lines on top of batter in pan; gently swirl with a knife.
- ☐ Bake at 325 for 1 hour or until almost set. Turn oven off.
- ☐ Let cheesecake stand in oven, with door closed, 30 minutes.
- ☐ Remove cheesecake from oven, and gently run a knife around outer edge of cheesecake to loosen from sides of pan. (Do not remove sides of pan.) Cool 1 hour on a wire rack. Cover and

chill at least 4 hours.

- ☐ Remove sides of springform pan.
- ☐ Serve with Mocha Sauce.
- ☐ Note: For testing purposes only, we used Kahla for coffee liqueur.

Nutrition Facts



Properties

Glycemic Index:19.41, Glycemic Load:23.66, Inflammation Score:-6, Nutrition Score:11.886521754058%

Flavonoids

Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg

Nutrients (% of daily need)

Calories: 498.29kcal (24.91%), Fat: 29.73g (45.74%), Saturated Fat: 16.73g (104.54%), Carbohydrates: 47.71g (15.9%), Net Carbohydrates: 45.22g (16.44%), Sugar: 32.6g (36.23%), Cholesterol: 139.66mg (46.55%), Sodium: 536.82mg (23.34%), Alcohol: 1.42g (100%), Alcohol %: 1.03% (100%), Caffeine: 12.21mg (4.07%), Protein: 12.45g (24.91%), Phosphorus: 261.35mg (26.14%), Manganese: 0.49mg (24.58%), Copper: 0.42mg (20.86%), Vitamin B2: 0.32mg (18.86%), Iron: 3.24mg (17.98%), Calcium: 173.34mg (17.33%), Vitamin B12: 1.03µg (17.09%), Vitamin A: 797.86IU (15.96%), Selenium: 10.9µg (15.57%), Zinc: 2.23mg (14.84%), Magnesium: 57.88mg (14.47%), Vitamin B5: 1.1mg (11.01%), Potassium: 384mg (10.97%), Fiber: 2.49g (9.98%), Folate: 38.32µg (9.58%), Vitamin B1: 0.1mg (6.83%), Vitamin B3: 1mg (4.98%), Vitamin B6: 0.1mg (4.81%), Vitamin E: 0.68mg (4.51%), Vitamin D: 0.67µg (4.48%), Vitamin K: 2.69µg (2.56%)