



Low-Carb Chocolate Swirl Cheesecake

READY IN



580 min.

SERVINGS



16

CALORIES



337 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup chocolate cookie crumbs low-carb
- ☐ 24 ounce cream cheese at room temperature
- ☐ 3 eggs separated
- ☐ 3 ounces low-carbohydrate dark melted
- ☐ 2 tablespoons low-carbohydrate baking flour substitute
- ☐ 3 tablespoons macadamia nuts finely chopped
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 cup splenda® granular

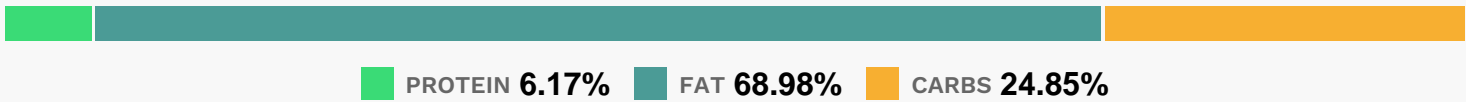
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ springform pan

Directions

- ☐ Combine cookie crumbs, butter, 3 tablespoons Splenda, and nuts. Press evenly in the bottom of a 9 inch springform pan. Chill crust while preparing the filling. Preheat oven to 350 degrees F (175 degrees C)
- ☐ In a large bowl, whip egg whites until stiff but not dry.
- ☐ In another large bowl, beat cream cheese, sour cream, 1 cup Splenda, and flour substitute until smooth. Beat in egg yolks one at a time, blending well after each addition. Gently fold whipped egg whites into cream cheese mixture. Spoon batter into prepared crust. Slowly swirl 6 ounces of melted chocolate through cheese mixture to give a marbled effect.
- ☐ Place pan on a cookie sheet in the preheated oven, and bake 60 to 70 minutes or until set. Turn off oven, and allow cake to cool in the oven with the door open. When cool, transfer to the refrigerator, and chill overnight.
- ☐ Spread 3 ounces of melted chocolate on a cookie sheet.
- ☐ Sprinkle with remaining chopped nuts, and then refrigerate until chilled. Scrape chocolate from pan to form slivers. Decorate cake with chocolate slivers by heaping over the top, and pressing vertically onto the sides of the cake.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:9.27, Inflammation Score:-5, Nutrition Score:5.7426087467567%

Nutrients (% of daily need)

Calories: 337.18kcal (16.86%), Fat: 26.48g (40.74%), Saturated Fat: 14.17g (88.55%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 20.5g (7.46%), Sugar: 14.96g (16.62%), Cholesterol: 89.91mg (29.97%), Sodium: 195.8mg (8.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.25mg (1.42%), Protein: 5.33g (10.66%), Vitamin A: 801.64IU (16.03%), Manganese: 0.24mg (12.19%), Selenium: 8.09µg (11.56%), Vitamin B2: 0.19mg (11.18%), Phosphorus: 103.54mg (10.35%), Copper: 0.14mg (7.19%), Calcium: 70.02mg (7%), Iron: 1.16mg (6.45%), Magnesium: 24.25mg (6.06%), Vitamin E: 0.79mg (5.25%), Vitamin B5: 0.49mg (4.9%), Vitamin B1: 0.07mg (4.8%), Potassium: 155.53mg (4.44%), Zinc: 0.64mg (4.24%), Folate: 16.47µg (4.12%), Fiber: 0.96g (3.85%), Vitamin B12: 0.22µg (3.63%), Vitamin B6: 0.06mg (3.23%), Vitamin K: 2.49µg (2.37%), Vitamin B3: 0.39mg (1.96%), Vitamin D: 0.17µg (1.1%)