



Marble Cheesecake Squares

READY IN



45 min.

SERVINGS



12

CALORIES



245 kcal

DESSERT

Ingredients

- 1 tablespoon butter melted
- 1 cup chocolate graham cracker crumbs (9 cookie sheets)
- 16 ounce weight cream cheese fat-free softened
- 8 ounce cream cheese softened
- 1 large eggs
- 3 large egg whites
- 3 tablespoons flour all-purpose
- 1 ounce bittersweet chocolate
- 1 cup sugar

- 1 tablespoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- baking pan
- microwave

Directions

- Preheat oven to 325
- Place crumbs in a 9-inch square baking pan coated with cooking spray; drizzle with butter. Toss with a fork until moist. Press into bottom of pan.
- Bake at 325 for 8 minutes; cool on a wire rack.
- Place cheeses in a large bowl; beat with a mixer at high speed until smooth.
- Add sugar and flour; beat well.
- Add vanilla, egg whites, and egg; beat until well blended.
- Pour cheese mixture into prepared pan.
- Place chocolate in a small microwave-safe bowl; microwave at high 1 1/2 minutes or until soft, stirring after 45 seconds (chocolate should not completely melt). Stir until smooth. Drop melted chocolate onto cheese mixture to form 9 mounds. Swirl chocolate into batter using the tip of a knife.
- Bake at 325 for 35 minutes or until almost set. Cool on a wire rack. Cover and chill at least 4 hours.

Nutrition Facts



■ PROTEIN 15.31% ■ FAT 38.16% ■ CARBS 46.53%

Properties

Glycemic Index:18.51, Glycemic Load:12.95, Inflammation Score:-3, Nutrition Score:5.1517391386239%

Nutrients (% of daily need)

Calories: 244.79kcal (12.24%), Fat: 10.38g (15.96%), Saturated Fat: 5.54g (34.6%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 28.22g (10.26%), Sugar: 22.35g (24.84%), Cholesterol: 41.77mg (13.92%), Sodium: 377.34mg (16.41%), Alcohol: 0.37g (100%), Alcohol %: 0.48% (100%), Protein: 9.37g (18.73%), Phosphorus: 235.91mg (23.59%), Calcium: 156.23mg (15.62%), Vitamin B2: 0.21mg (12.58%), Selenium: 7.35µg (10.5%), Vitamin B12: 0.45µg (7.52%), Vitamin A: 326.69IU (6.53%), Zinc: 0.8mg (5.32%), Vitamin B5: 0.52mg (5.22%), Folate: 20.69µg (5.17%), Potassium: 166.85mg (4.77%), Magnesium: 16.15mg (4.04%), Manganese: 0.06mg (2.89%), Copper: 0.06mg (2.8%), Vitamin B1: 0.04mg (2.47%), Iron: 0.42mg (2.32%), Vitamin B6: 0.04mg (1.95%), Vitamin E: 0.26mg (1.71%), Vitamin B3: 0.25mg (1.26%)