



Marble Sour Cream Cheesecake

READY IN



45 min.

SERVINGS



12

CALORIES



198 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 8 chocolate wafers such as nabisco famous crushed
- ☐ 4 eggs
- ☐ 16 ounce neufchâtel cheese softened
- ☐ 2 cups nonfat cream sour
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract

Equipment

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

Directions

- ☐ Coat a 9-inch springform pan with cooking spray; wrap a large piece of heavy-duty aluminum foil around bottom and up sides of springform pan.
- ☐ Sprinkle cookie crumbs in bottom of pan; set aside.
- ☐ Beat Neufchtel cheese and sour cream at medium speed of an electric mixer until creamy. Gradually add sugar, beating well.
- ☐ Add eggs, one at a time, beating at low speed after each addition. Stir in almond and vanilla extracts.
- ☐ Spoon 2 cups of batter into a medium bowl; add cocoa, stirring well.
- ☐ Pour half of chocolate batter into prepared pan. Spoon plain batter over chocolate batter. Drop remaining chocolate batter, one tablespoon at a time, over plain batter. Swirl with a knife to create a marbled effect.
- ☐ Place prepared springform pan in a shallow pan.
- ☐ Add hot water to pan to depth of 1 inch.
- ☐ Bake at 325 for 55 minutes (center will be soft but will firm when chilled). Turn off oven, and partially open oven door; leave cheesecake in oven 1 hour.
- ☐ Remove from oven, and let cool to room temperature on a wire rack. Cover and chill 8 hours.

Nutrition Facts



 PROTEIN **13.78%**  FAT **48%**  CARBS **38.22%**

Properties

Glycemic Index:12.22, Glycemic Load:7.56, Inflammation Score:-3, Nutrition Score:4.7286956621253%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 197.72kcal (9.89%), Fat: 10.71g (16.48%), Saturated Fat: 5.53g (34.57%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 18.75g (6.82%), Sugar: 11.3g (12.56%), Cholesterol: 86.06mg (28.69%), Sodium: 224.63mg (9.77%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 6.92g (13.85%), Phosphorus: 129.05mg (12.9%), Vitamin B2: 0.2mg (11.64%), Selenium: 8.07µg (11.52%), Calcium: 102.8mg (10.28%), Vitamin A: 495.32IU (9.91%), Vitamin B12: 0.36µg (6.04%), Zinc: 0.79mg (5.28%), Folate: 18.55µg (4.64%), Vitamin B5: 0.46mg (4.6%), Potassium: 149.12mg (4.26%), Magnesium: 15.71mg (3.93%), Copper: 0.08mg (3.9%), Manganese: 0.07mg (3.48%), Iron: 0.59mg (3.26%), Vitamin B1: 0.04mg (2.56%), Vitamin B6: 0.05mg (2.56%), Vitamin E: 0.33mg (2.23%), Vitamin D: 0.29µg (1.96%), Fiber: 0.44g (1.78%), Vitamin B3: 0.25mg (1.26%)