



Mini Cappuccino Cheesecakes

READY IN



168 min.

SERVINGS



12

CALORIES



167 kcal

DESSERT

Ingredients

- 0.3 cup chocolate wafers such as nabisco famous crushed
- 16 ounces weight cream cheese fat-free soft
- 8 ounces cream cheese softened reduced-fat (Neufchâtel)
- 0.7 cup sugar
- 0.3 cup skim milk fat-free (skim)
- 2 tablespoons flour all-purpose
- 2 teaspoons vanilla
- 3 egg whites
- 2 tablespoons sugar

- 1 tablespoon espresso powder dry instant ()
- 1 tablespoon sugar
- 0.1 teaspoon ground cinnamon
- 1 serving cocoa powder

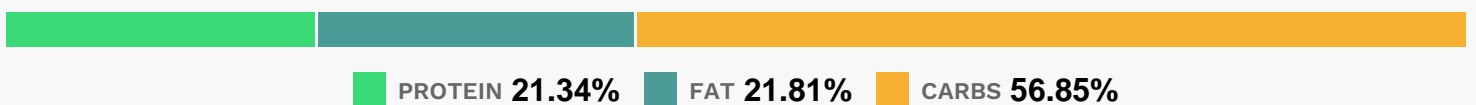
Equipment

- bowl
- oven
- whisk
- spatula
- muffin liners

Directions

- Heat oven to 300°F. Spray 12 medium muffin cups, 2 1/2x1 1/4 inches, with cooking spray.
- Sprinkle 1 teaspoon of the chocolate wafer crumbs on bottom of each muffin cup.
- Beat cream cheeses in medium bowl, using wire whisk, until smooth. Beat in 2/3 cup sugar, the milk, flour, vanilla and egg whites until almost smooth.
- Reserve 1 1/2 cups of the batter. Beat 2 tablespoons sugar and the coffee into remaining batter, using wire whisk, until blended. Carefully spoon about 3 tablespoons coffee batter into each muffin cup. Carefully spoon 2 tablespoons reserved vanilla batter over coffee batter.
- Mix 1 tablespoon sugar and the cinnamon; sprinkle over vanilla batter.
- Bake about 18 minutes or just until set. Cool 30 minutes. Cover and refrigerate at least 2 hours but no longer than 24 hours. Run small metal spatula around edge of each muffin cup; remove cheesecakes.
- Sprinkle with cocoa.

Nutrition Facts



Properties

Glycemic Index:31.09, Glycemic Load:12.32, Inflammation Score:-2, Nutrition Score:5.0569565827432%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 167.17kcal (8.36%), Fat: 4.06g (6.24%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 23.55g (8.56%), Sugar: 19.5g (21.66%), Cholesterol: 14.99mg (5%), Sodium: 376.73mg (16.38%), Alcohol: 0.23g (100%), Alcohol %: 0.32% (100%), Caffeine: 13.77mg (4.59%), Protein: 8.93g (17.87%), Phosphorus: 242.79mg (24.28%), Calcium: 170.74mg (17.07%), Vitamin B2: 0.2mg (11.64%), Vitamin B12: 0.57µg (9.56%), Selenium: 5.06µg (7.24%), Potassium: 201.58mg (5.76%), Folate: 21.85µg (5.46%), Vitamin B5: 0.53mg (5.35%), Zinc: 0.77mg (5.15%), Magnesium: 16.02mg (4.01%), Manganese: 0.07mg (3.42%), Vitamin B1: 0.05mg (3.06%), Vitamin A: 135.43IU (2.71%), Copper: 0.05mg (2.57%), Vitamin B3: 0.46mg (2.31%), Iron: 0.41mg (2.25%), Vitamin B6: 0.03mg (1.71%)