



Mini Cappuccino Cheesecakes

READY IN



168 min.

SERVINGS



12

CALORIES



169 kcal

DESSERT

Ingredients

- ☐ 12 servings cocoa powder
- ☐ 0.3 cup chocolate wafers such as nabisco famous crushed
- ☐ 16 ounces weight cream cheese fat-free soft
- ☐ 3 egg whites
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 tablespoon espresso powder dry instant ()
- ☐ 8 ounces cream cheese softened reduced-fat (Neufchâtel)

- ☐ 0.7 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons vanilla

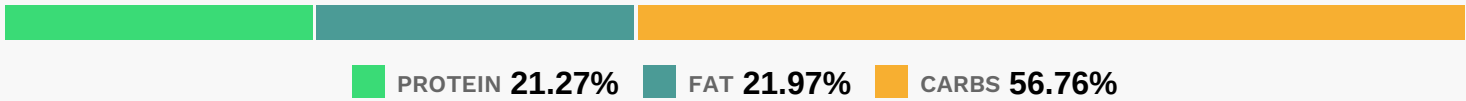
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ Heat oven to 300F. 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:5.445652247771%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 169.26kcal (8.46%), Fat: 4.18g (6.44%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 23.74g (8.63%), Sugar: 19.51g (21.68%), Cholesterol: 14.99mg (5%), Sodium: 376.92mg (16.39%), Alcohol: 0.23g (100%), Alcohol %: 0.32% (100%), Caffeine: 15.88mg (5.29%), Protein: 9.11g (18.23%), Phosphorus: 249.52mg (24.95%), Calcium: 171.92mg (17.19%), Vitamin B2: 0.2mg (11.77%), Vitamin B12: 0.57µg (9.56%), Selenium: 5.2µg (7.42%), Potassium: 215.51mg (6.16%), Zinc: 0.83mg (5.56%), Folate: 22.15µg (5.54%), Vitamin B5: 0.54mg (5.37%), Manganese: 0.1mg (5.18%), Magnesium: 20.6mg (5.15%), Copper: 0.09mg (4.31%), Vitamin B1: 0.05mg (3.1%), Iron: 0.53mg (2.96%), Vitamin A: 135.43IU (2.71%), Vitamin B3: 0.48mg (2.41%), Fiber: 0.58g (2.33%), Vitamin B6: 0.04mg (1.77%)