



Mini Chocolate Cheesecakes

READY IN



180 min.

SERVINGS



18

CALORIES



210 kcal

DESSERT

Ingredients

- 9 crème-filled chocolate sandwich cookies
- 16 ounces cream cheese softened (3 ounces)
- 1 cup granulated sugar
- 0.3 cup cocoa powder unsweetened
- 2 teaspoons vanilla
- 3 eggs
- 0.8 cup whipping cream (heavy)
- 2 tablespoons powdered sugar

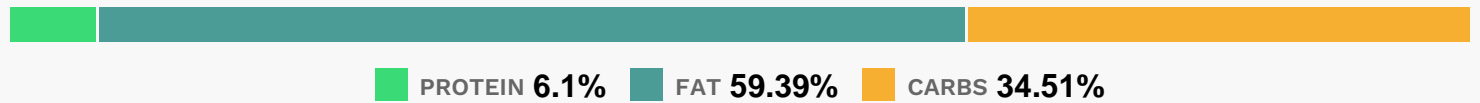
Equipment

- bowl
- oven
- hand mixer
- muffin liners

Directions

- Heat oven to 350°F. Line 18 medium muffin cups, 2 1/2x1 1/4 inches, with paper baking cups. Split sandwich cookies in half.
- Place 1 cookie half, middle side up, in each cup. Or place 1 wafer cookie, flat side down, in each cup.
- In large bowl, beat cream cheese with electric mixer on medium speed until smooth. Gradually beat in 1 cup sugar and the cocoa until fluffy. Beat in vanilla. Beat in eggs, one at a time, until well blended. Divide evenly among cups (cups will be almost full).
- Bake cheesecakes 20 to 25 minutes or until centers are firm. Cool 15 minutes (cheesecake centers will sink while cooling). Refrigerate in muffin cups at least 1 hour; cover and refrigerate at least 1 hour longer before serving.
- In chilled small bowl, beat all Whipped Cream ingredients with electric mixer on high speed until stiff. Spoon Whipped Cream on chilled cheesecakes. Cover and refrigerate any remaining cheesecakes.

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:8.13, Inflammation Score:-4, Nutrition Score:3.5160869389125%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 210.48kcal (10.52%), Fat: 14.29g (21.99%), Saturated Fat: 8.04g (50.23%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 18.07g (6.57%), Sugar: 15.74g (17.49%), Cholesterol: 63.94mg (21.31%), Sodium: 115.92mg (5.04%), Alcohol: 0.15g (100%), Alcohol %: 0.31% (100%), Caffeine: 3.05mg (1.02%), Protein: 3.3g (6.6%), Vitamin A: 523.93IU (10.48%), Vitamin B2: 0.13mg (7.65%), Selenium: 5.27µg (7.53%), Phosphorus: 61.61mg (6.16%), Iron: 1.06mg (5.91%), Manganese: 0.09mg (4.65%), Copper: 0.08mg (3.87%), Calcium: 38.05mg (3.81%), Vitamin E: 0.53mg (3.56%), Magnesium: 12.68mg (3.17%), Vitamin B5: 0.3mg (3.03%), Folate: 10.15µg (2.54%), Zinc: 0.37mg (2.48%), Fiber: 0.62g (2.46%), Potassium: 85.9mg (2.45%), Vitamin K: 2.54µg (2.42%), Vitamin B12: 0.14µg (2.28%), Vitamin D: 0.31µg (2.04%), Vitamin B6: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.57%), Vitamin B3: 0.22mg (1.09%)