



Mini Chocolate Pudding Oreo Cheesecakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



403 kcal

DESSERT

Ingredients

- 16 oz cream cheese
- 2 eggs
- 3.9 oz chocolate pudding instant
- 1 tablespoon milk
- 1 package oreo cookies
- 1 teaspoon vanilla extract
- 0.8 cup granulated sugar white

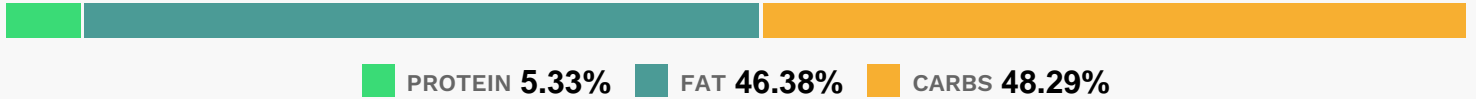
Equipment

- bowl
- oven
- whisk
- mixing bowl
- muffin tray

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place liners in a cupcake pan and place one Oreo in each cup. Crush a few extra Oreos and reserve for later. In a mixing bowl, beat cream cheese, sugar, eggs and vanilla until light and fluffy. Fill each cupcake liner with this mixture, about 2/3 full.
- Bake for 15 minutes or until set. Cool.
- Whisk pudding mix and cold milk in a medium bowl for 2 minutes, then refrigerate until set. Spoon pudding over each cheesecake. Top with whipped cream (optional) and sprinkle reserved crushed cookies on top.

Nutrition Facts



Properties

Glycemic Index: 11.26, Glycemic Load: 9.31, Inflammation Score: -4, Nutrition Score: 7.415652173913%

Taste

Sweetness: 100%, Saltiness: 34.23%, Sourness: 25.79%, Bitterness: 11.35%, Savoriness: 7.22%, Fattiness: 43.49%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 402.61kcal (20.13%), Fat: 21.17g (32.56%), Saturated Fat: 10.1g (63.11%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 48.16g (17.51%), Sugar: 35.64g (39.6%), Cholesterol: 65.61mg (21.87%), Sodium: 407.87mg (17.73%), Protein: 5.47g (10.94%), Iron: 4.86mg (27.02%), Manganese: 0.3mg (14.86%), Vitamin B2: 0.22mg (12.93%), Selenium: 7.79µg (11.13%), Vitamin A: 550.03IU (11%), Vitamin K: 11.3µg (10.76%), Phosphorus: 97.99mg (9.8%), Vitamin E: 1.34mg (8.94%), Copper: 0.17mg (8.6%), Folate: 30.15µg (7.54%), Magnesium: 26.36mg (6.59%), Vitamin B1: 0.09mg (5.84%), Fiber: 1.43g (5.71%), Vitamin B3: 1.05mg (5.23%), Calcium: 51.5mg (5.15%), Potassium: 172.71mg (4.93%), Vitamin B5: 0.45mg (4.48%), Zinc: 0.63mg (4.18%), Vitamin B12: 0.16µg (2.59%), Vitamin B6: 0.04mg

(2.21%), Vitamin D: 0.16 μ g (1.07%)