



Mini Mexican Chocolate Cheesecakes

 Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



5817 kcal

DESSERT

Ingredients

- ☐ 4 ounce bittersweet chocolate baking bar chopped
- ☐ 0.3 cup butter melted
- ☐ 9 ounce chocolate wafers
- ☐ 16 ounce cream cheese softened
- ☐ 2 large eggs
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 serving garnish: raspberries fresh

- ☐ 0.3 cup sugar
- ☐ 14 ounce condensed milk sweetened canned ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup whipping cream

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ spatula
- ☐ muffin liners

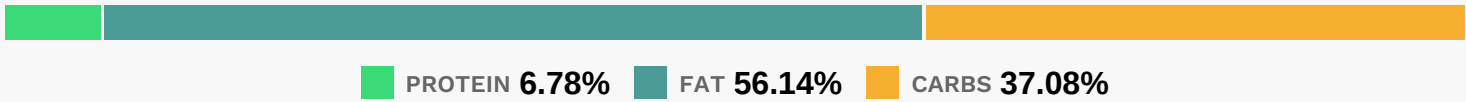
Directions

- ☐ Preheat oven to 32
- ☐ Place cookies in a food processor; pulse until fine crumbs form.
- ☐ Add sugar and next 3 ingredients; pulse until well blended. Press about 2 tablespoons crumb mixture into 24 greased muffin cups.
- ☐ Heat cream in a small saucepan over low heat.
- ☐ Add chocolate and cook, stirring constantly, until melted.
- ☐ Beat cream cheese at medium speed with an electric mixer until smooth. Beat in condensed milk and vanilla.
- ☐ Add eggs, 1 at a time, beating at low speed and scraping down sides with a spatula.
- ☐ Add chocolate mixture, beating until blended.
- ☐ Pour batter over prepared crusts.
- ☐ Bake 15 minutes. Cool completely in pan on wire rack. Cover and chill 2 hours or until ready to serve.

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Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:320.59, Glycemic Load:261.8, Inflammation Score:-10, Nutrition Score:76.327826292618%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 5817.17kcal (290.86%), Fat: 369.35g (568.23%), Saturated Fat: 208.91g (1305.69%), Carbohydrates: 548.81g (182.94%), Net Carbohydrates: 526.3g (191.38%), Sugar: 427.01g (474.46%), Cholesterol: 1233.46mg (411.15%), Sodium: 3960.24mg (172.18%), Alcohol: 1.38g (100%), Alcohol %: 0.11% (100%), Caffeine: 123.04mg (41.01%), Protein: 100.34g (200.69%), Vitamin B2: 4.17mg (245.15%), Phosphorus: 2421.08mg (242.11%), Selenium: 157.14µg (224.49%), Vitamin A: 11074.5IU (221.49%), Manganese: 4.06mg (203.07%), Calcium: 1896.06mg (189.61%), Copper: 2.89mg (144.46%), Magnesium: 515.25mg (128.81%), Iron: 21.12mg (117.33%), Potassium: 3623.68mg (103.53%), Zinc: 13.71mg (91.38%), Fiber: 22.51g (90.05%), Vitamin B5: 8.98mg (89.78%), Vitamin E: 11.13mg (74.23%), Vitamin B1: 1.1mg (73.55%), Vitamin B12: 4.35µg (72.58%), Folate: 270.82µg (67.7%), Vitamin B3: 10.09mg (50.43%), Vitamin B6: 0.88mg (44.05%), Vitamin K: 39.62µg (37.74%), Vitamin C: 27mg (32.73%), Vitamin D: 4.7µg (31.32%)