



Mini Peppermint and Chocolate Chip Cheesecakes

READY IN



45 min.

SERVINGS



48

CALORIES



49 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 2 tablespoons mint
- 1 cup chocolate wafer crumbs (such as Nabisco's Famous Chocolate Wafers; 22 cookies)
- 8 ounce carton cream sour low-fat
- 5 ounces cream cheese fat-free block-style softened
- 1 large eggs
- 2 large egg whites
- 2 tablespoons flour

- 12 peppermint candies hard divided
- 0.3 teaspoon peppermint extract
- 0.3 cup semisweet chocolate minichips
- 0.3 cup sugar
- 2 tablespoons sugar
- 1 cup non-dairy whipped topping fat-free frozen thawed

Equipment

- food processor
- bowl
- oven
- wire rack
- muffin liners

Directions

- Preheat oven to 325
- To prepare crust, combine the first 3 ingredients in a small bowl. Press about 1 1/2 teaspoons crumb mixture into the bottom of each of 48 mini muffin cups coated with cooking spray.
- Bake at 325 for 5 minutes.
- To prepare the filling, place 6 candies, fat-free cream cheese and the next 6 ingredients (fat-free cream cheese through sour cream) in a food processor; process until smooth. Stir in minichips and peppermint extract. Divide the filling evenly among prepared crusts.
- Bake at 325 for 12 minutes or until done. Cool in pans on a wire rack for 30 minutes.
- Remove mini cheesecakes from pans, and cool completely. Top each mini cheesecake with 1 teaspoon whipped topping. Crush the remaining 6 candies; sprinkle the crushed candies and chocolate sprinkles over the cheesecakes.

Nutrition Facts



PROTEIN 9.85% FAT 36.51% CARBS 53.64%

Properties

Glycemic Index:8.01, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:1.0652173908184%

Nutrients (% of daily need)

Calories: 49.44kcal (2.47%), Fat: 2.02g (3.1%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 6.47g (2.35%), Sugar: 4.53g (5.03%), Cholesterol: 7.51mg (2.5%), Sodium: 46.97mg (2.04%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 1.22g (2.45%), Phosphorus: 28.89mg (2.89%), Vitamin B2: 0.04mg (2.52%), Calcium: 21.09mg (2.11%), Selenium: 1.29µg (1.84%), Manganese: 0.04mg (1.79%), Copper: 0.03mg (1.5%), Vitamin B12: 0.09µg (1.45%), Magnesium: 5.01mg (1.25%), Iron: 0.22mg (1.2%), Potassium: 36.02mg (1.03%), Folate: 4.05µg (1.01%)