



Mini Red Velvet Cheesecakes

READY IN



180 min.

SERVINGS



16

CALORIES



290 kcal

DESSERT

Ingredients

- ☐ 1.3 cups chocolate wafers such as nabisco famous crushed thin (from 9-oz package)
- ☐ 3 tablespoons butter melted
- ☐ 16 oz cream cheese softened
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla
- ☐ 2 tablespoons food coloring red
- ☐ 3 eggs
- ☐ 0.5 cup whipping cream

- ☐ 1 tablespoon powdered sugar
- ☐ 1 serving chocolate curls

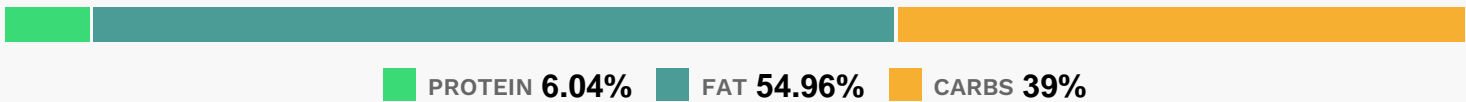
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place foil baking cup in each of 16 regular-size muffin cups. In small bowl, mix cookie crumbs and melted butter. Divide crumb mixture among cups. With back of spoon, firmly press cookie crumbs in bottom of each foil cup.
- ☐ In large bowl, beat cream cheese with electric mixer on medium speed until smooth. Gradually beat in 1 cup granulated sugar and the cocoa until fluffy. Beat in vanilla and food color. Beat in eggs, one at a time, until well blended. Divide batter evenly among baking cups (cups will be almost full).
- ☐ Bake 20 to 25 minutes or until centers are firm. Cool 15 minutes (cheesecake centers will sink while cooling). Refrigerate in baking cups at least 1 hour; cover and refrigerate at least 1 hour longer before serving.
- ☐ In chilled small bowl, beat whipping cream and sugar with electric mixer on high speed until stiff. Spoon whipped cream on chilled cheesecakes. Just before serving, garnish with chocolate curls. Cover and refrigerate any remaining cheesecakes.

Nutrition Facts



Properties

Glycemic Index:12.29, Glycemic Load:15.49, Inflammation Score:-4, Nutrition Score:4.8373912386596%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 290.1kcal (14.5%), Fat: 18.22g (28.04%), Saturated Fat: 9.95g (62.19%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 27.97g (10.17%), Sugar: 21.3g (23.67%), Cholesterol: 73.74mg (24.58%), Sodium: 227.29mg (9.88%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Caffeine: 4.99mg (1.66%), Protein: 4.5g (9.01%), Vitamin A: 602.46IU (12.05%), Vitamin B2: 0.17mg (10.19%), Manganese: 0.19mg (9.41%), Selenium: 6.55µg (9.36%), Phosphorus: 86.07mg (8.61%), Copper: 0.15mg (7.52%), Iron: 1.12mg (6.24%), Magnesium: 20.79mg (5.2%), Calcium: 45.33mg (4.53%), Fiber: 1.13g (4.52%), Folate: 15.92µg (3.98%), Vitamin E: 0.59mg (3.96%), Vitamin B5: 0.38mg (3.84%), Zinc: 0.56mg (3.77%), Potassium: 117.1mg (3.35%), Vitamin B1: 0.05mg (3.34%), Vitamin B3: 0.6mg (2.99%), Vitamin B12: 0.17µg (2.82%), Vitamin B6: 0.04mg (2.19%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.52µg (1.45%)