



Mint Cheesecake Squares

READY IN



240 min.

SERVINGS



20

CALORIES



287 kcal

DESSERT

Ingredients

- 9 oz chocolate wafers such as nabisco famous crushed thin ()
- 0.5 cup butter melted
- 16 oz cream cheese softened
- 0.5 cup cream sour
- 4 eggs
- 0.7 cup sugar
- 0.5 cup crème de cassis liqueur
- 0.3 teaspoon peppermint extract
- 4 oz baker's chocolate chopped

0.5 cup cream sour

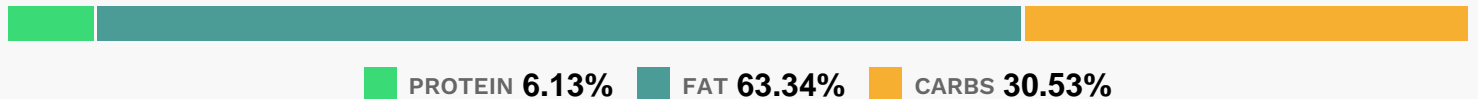
Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- hand mixer

Directions

- Heat oven to 350°F. In medium bowl, mix crust ingredients. Press in bottom of ungreased 13x9 inch pan. Freeze crust while preparing filling.
- In large bowl with electric mixer, beat all filling ingredients on low speed until smooth.
- Pour into crustlined pan.
- Bake 30 to 35 minutes or until knife inserted in center comes out clean. Cool on wire rack.
- Meanwhile, in 1-quart saucepan, melt chocolate over low heat, stirring constantly. Cool 5 minutes; beat in sour cream with spoon.
- Spread over warm cheesecake. Refrigerate 3 hours or until firm.
- Cut into squares. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:9.37, Inflammation Score:-5, Nutrition Score:5.7204347907201%

Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

Nutrients (% of daily need)

Calories: 286.88kcal (14.34%), Fat: 20.25g (31.16%), Saturated Fat: 9.34g (58.39%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 20.59g (7.49%), Sugar: 15.21g (16.9%), Cholesterol: 62.68mg (20.89%), Sodium: 216.51mg (9.41%), Alcohol: 1.78g (100%), Alcohol %: 2.82% (100%), Caffeine: 5.81mg (1.94%), Protein: 4.41g (8.82%), Manganese: 0.33mg (16.7%), Copper: 0.26mg (13%), Vitamin A: 628.28IU (12.57%), Iron: 1.69mg (9.4%), Phosphorus: 91.26mg (9.13%), Vitamin B2: 0.15mg (9.1%), Selenium: 6.33µg (9.04%), Magnesium: 29.73mg (7.43%), Zinc: 0.95mg (6.35%), Fiber: 1.38g (5.5%), Calcium: 50mg (5%), Vitamin E: 0.62mg (4.14%), Potassium: 132.9mg (3.8%), Vitamin B5: 0.37mg (3.66%), Folate: 14.51µg (3.63%), Vitamin B1: 0.05mg (3.06%), Vitamin B12: 0.17µg (2.83%), Vitamin B3: 0.48mg (2.41%), Vitamin B6: 0.04mg (2.05%), Vitamin K: 1.53µg (1.46%), Vitamin D: 0.18µg (1.17%)