



Mint Cheesecake Squares

READY IN



240 min.

SERVINGS



20

CALORIES



276 kcal

DESSERT

Ingredients

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

Equipment

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

Directions

- Heat oven to 350F. In medium bowl, mix crust ingredients. Press in bottom of ungreased 13x9inch 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



PROTEIN 6.18% **FAT 62.38%** **CARBS 31.44%**

Properties

Glycemic Index:7.33, Glycemic Load:9.37, Inflammation Score:-5, Nutrition Score:5.5382608414992%

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: 275.5kcal (13.77%), Fat: 19.14g (29.44%), Saturated Fat: 8.76g (54.76%), Carbohydrates: 21.7g (7.23%), Net Carbohydrates: 20.32g (7.39%), Sugar: 15.02g (16.69%), Cholesterol: 59.29mg (19.76%), Sodium: 214.73mg (9.34%), Alcohol: 1.78g (100%), Alcohol %: 3.04% (100%), Caffeine: 5.81mg (1.94%), Protein: 4.27g (8.54%), Manganese: 0.33mg (16.67%), Copper: 0.26mg (12.95%), Vitamin A: 592.46IU (11.85%), Iron: 1.69mg (9.38%), Selenium: 6.11µg (8.74%), Phosphorus: 86.89mg (8.69%), Vitamin B2: 0.15mg (8.53%), Magnesium: 29.15mg (7.29%), Zinc: 0.93mg (6.23%), Fiber: 1.38g (5.5%), Calcium: 44.19mg (4.42%), Vitamin E: 0.6mg (4%), Potassium: 125.71mg (3.59%), Folate: 14.16µg (3.54%), Vitamin B5: 0.35mg (3.46%), Vitamin B1: 0.04mg (2.98%), Vitamin B12: 0.16µg (2.62%), Vitamin B3: 0.48mg (2.38%), Vitamin B6: 0.04mg (1.93%), Vitamin K: 1.45µg (1.38%), Vitamin D: 0.18µg (1.17%)