



## Mocha-Chocolate Cheesecake

READY IN



45 min.

SERVINGS



16

CALORIES



249 kcal

DESSERT

### Ingredients

- ☐ 1 cup d chocolate cookie crumbs (such as Oreo)
- ☐ 24 ounce blocks cream cheese fat-free softened
- ☐ 8 ounce block softened
- ☐ 0.5 cup dutch process cocoa
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup kahlua (coffee-flavored liqueur)
- ☐ 0.5 cup cup heavy whipping cream sour low-fat

- ☐ 1 tablespoon stick margarine melted
- ☐ 1.3 cups sugar
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons vanilla extract

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ springform pan

## Directions

- ☐ Preheat oven to 32
- ☐ To prepare the crust, combine the first 3 ingredients in a bowl; toss with a fork until moist. Press mixture into the bottom of a 9-inch springform pan coated with cooking spray.
- ☐ To prepare filling, combine cocoa and Kahlua, and stir well with a whisk. Beat cheeses and sour cream at high speed of a mixer until smooth.
- ☐ Add 1 1/4 cups sugar, flour, and vanilla; beat well.
- ☐ Add eggs and egg whites, 1 at a time, beating well after each addition. Stir in cocoa mixture.
- ☐ Pour mixture into prepared pan; bake at 325 for 1 hour and 5 minutes or until almost set. Cheesecake is done when the center barely moves when pan is touched.
- ☐ Remove from oven; run a knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours.
- ☐ Garnish with coffee beans, if desired.

## Nutrition Facts



 **PROTEIN 16.2%**  **FAT 34.41%**  **CARBS 49.39%**

Properties

Glycemic Index:19.14, Glycemic Load:15.44, Inflammation Score:-4, Nutrition Score:6.798260839737%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 249.37kcal (12.47%), Fat: 9.5g (14.61%), Saturated Fat: 4.69g (29.32%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 29.56g (10.75%), Sugar: 23.79g (26.43%), Cholesterol: 45.19mg (15.06%), Sodium: 396.7mg (17.25%), Alcohol: 1.24g (100%), Alcohol %: 1.45% (100%), Caffeine: 6.18mg (2.06%), Protein: 10.06g (20.12%), Phosphorus: 281.28mg (28.13%), Calcium: 181.9mg (18.19%), Vitamin B2: 0.24mg (13.98%), Selenium: 7.62µg (10.89%), Vitamin B12: 0.53µg (8.76%), Manganese: 0.15mg (7.61%), Folate: 28.56µg (7.14%), Zinc: 1.05mg (7.02%), Magnesium: 27.24mg (6.81%), Copper: 0.14mg (6.78%), Potassium: 216.84mg (6.2%), Vitamin A: 308.66IU (6.17%), Vitamin B5: 0.57mg (5.74%), Iron: 0.85mg (4.71%), Fiber: 1.11g (4.45%), Vitamin B1: 0.06mg (4.08%), Vitamin E: 0.4mg (2.68%), Vitamin B6: 0.05mg (2.5%), Vitamin B3: 0.47mg (2.37%), Vitamin K: 1.2µg (1.14%)