



## No-Bake Cheesecake

READY IN



15 min.

SERVINGS



8

CALORIES



481 kcal

DESSERT

### Ingredients

- 1 9-inch chocolate pie crust (es)
- 2 packages cream cheese softened (one 8 ounces, one 3 ounces)
- 1.5 cups semi chocolate chips
- 0.3 cup sugar
- 8 ounces non-dairy whipped topping frozen thawed

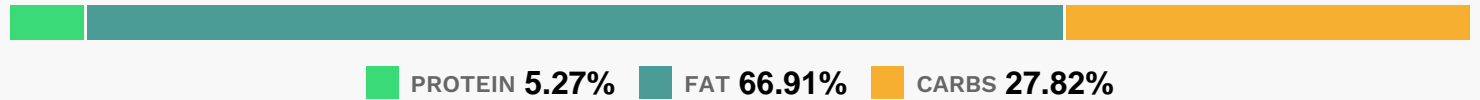
### Equipment

- bowl
- microwave

## Directions

- In a microwave melt the chocolate chips. Stir until smooth; set aside. In a large bowl, beat cream cheese and sugar until smooth. Beat in melted chocolate and whipped topping at low speed.
- Pour into the crust. Cover and refrigerate for at least 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:12.14, Glycemic Load:5.21, Inflammation Score:-6, Nutrition Score:8.3143478942954%

## Nutrients (% of daily need)

Calories: 481.34kcal (24.07%), Fat: 36.13g (55.58%), Saturated Fat: 22.06g (137.86%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 31.1g (11.31%), Sugar: 27.48g (30.53%), Cholesterol: 59.66mg (19.89%), Sodium: 201.89mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.02mg (9.68%), Protein: 6.4g (12.79%), Manganese: 0.45mg (22.68%), Copper: 0.43mg (21.73%), Phosphorus: 169.36mg (16.94%), Magnesium: 66.51mg (16.63%), Vitamin A: 796.65IU (15.93%), Iron: 2.23mg (12.39%), Selenium: 8.41µg (12.02%), Fiber: 2.7g (10.81%), Vitamin B2: 0.17mg (10.2%), Calcium: 95.92mg (9.59%), Potassium: 294.85mg (8.42%), Zinc: 1.21mg (8.04%), Vitamin E: 0.83mg (5.51%), Vitamin K: 4.52µg (4.31%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.24µg (4.03%), Vitamin B6: 0.05mg (2.44%), Vitamin B1: 0.03mg (1.99%), Vitamin B3: 0.37mg (1.83%), Folate: 6.02µg (1.51%)