



No-Bake Cheesecake Squares

 Vegetarian

READY IN



145 min.

SERVINGS



24

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 1 stick plus 6 tablespoons butter unsalted at room temperature
- ☐ 1.5 cups confectioners' sugar
- ☐ 4 ounces cream cheese at room temperature
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups graham cracker crumbs
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon heavy cream
- ☐ 1 pinch salt

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 0.8 cup coconut or shredded sweetened
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts whole finely chopped for topping

Equipment

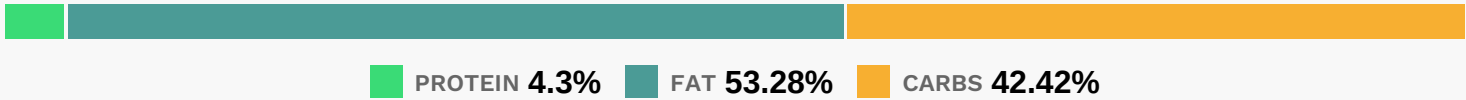
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Make the crust: Line a 9-inch-square baking dish with aluminum foil, leaving a 2-inch overhang on 2 sides. Put 1 stick butter, the granulated sugar and cocoa powder in a heatproof bowl and set over a saucepan of simmering water (do not let the bowl touch the water). Cook, stirring, until the butter melts and the sugar dissolves.
- ☐ Add the egg and continue to cook, whisking, until the mixture is thick like hot fudge sauce, 3 to 5 minutes.
- ☐ Remove from the heat and stir in the graham cracker crumbs, coconut and chopped walnuts.
- ☐ Spread in the prepared baking dish. Cover with plastic wrap and refrigerate until set, about 45 minutes.
- ☐ Make the filling: Beat the cream cheese, 4 tablespoons butter, the vanilla and salt in a bowl with a mixer on medium-high speed until creamy.
- ☐ Add the confectioners' sugar and beat until stiff, then beat in the heavy cream until fluffy.

- ☐
- Spread over the crust, cover and refrigerate until firm, at least 30 minutes.
- ☐
- Put the chocolate and the remaining 2 tablespoons butter in a microwave–safe bowl; microwave in 30–second intervals, stirring, until melted. Quickly spread the chocolate over the filling. Top with whole walnuts and refrigerate until set, 30 minutes.
- ☐
- Remove from the pan and cut into squares. Store in the refrigerator for up to 1 week.
- ☐
- Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:10.05, Glycemic Load:5.33, Inflammation Score:-2, Nutrition Score:3.1056521680692%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 181.95kcal (9.1%), Fat: 11.09g (17.07%), Saturated Fat: 5.84g (36.5%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 18.63g (6.78%), Sugar: 14.27g (15.85%), Cholesterol: 23.63mg (7.88%), Sodium: 104.24mg (4.53%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Caffeine: 6.12mg (2.04%), Protein: 2.02g (4.03%), Manganese: 0.25mg (12.57%), Copper: 0.15mg (7.29%), Magnesium: 23mg (5.75%), Phosphorus: 55.12mg (5.51%), Fiber: 1.24g (4.95%), Iron: 0.89mg (4.92%), Vitamin A: 204.4IU (4.09%), Zinc: 0.51mg (3.37%), Selenium: 2.28µg (3.26%), Vitamin B2: 0.05mg (2.97%), Potassium: 84.18mg (2.41%), Calcium: 19.82mg (1.98%), Vitamin B1: 0.03mg (1.98%), Folate: 7.69µg (1.92%), Vitamin B3: 0.37mg (1.86%), Vitamin B6: 0.04mg (1.85%), Vitamin E: 0.23mg (1.56%), Vitamin B5: 0.12mg (1.16%)