



PHILADELPHIA 3-STEP Double-Chocolate Layer Cheesecake

READY IN



230 min.

SERVINGS



50

CALORIES



71 kcal

DESSERT

Ingredients

- 16 oz philadelphia cream cheese softened
- 2 eggs
- 6 oz oreo pie crust
- 3 oz baker's semi-sweet chocolate cooled melted
- 4 strawberries fresh cut in half
- 0.5 cup sugar
- 0.5 tsp vanilla
- 0.5 cup cool whip whipped topping thawed

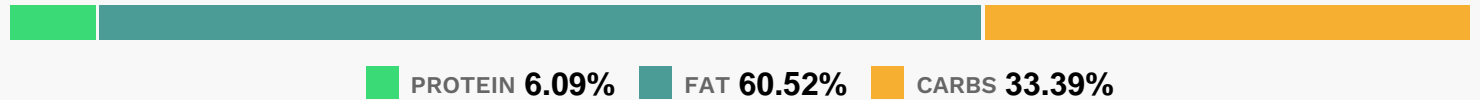
Equipment

- oven
- blender

Directions

- Heat oven to 350F.
- Beat cream cheese, sugar and vanilla with mixer until blended.
- Add eggs; beat just until blended.
- Remove 1 cup batter; mix with melted chocolate.
- Pour into crust; top with remaining plain batter.
- Bake 40 min. or until center is almost set. Cool. Refrigerate 3 hours. Top with COOL WHIP and berries just before serving.

Nutrition Facts



Properties

Glycemic Index:2.74, Glycemic Load:1.55, Inflammation Score:-1, Nutrition Score:1.0817391373541%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 70.59kcal (3.53%), Fat: 4.8g (7.38%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5.74g (2.09%), Sugar: 4.17g (4.64%), Cholesterol: 15.83mg (5.28%), Sodium: 48.98mg (2.13%), Alcohol: 0.01g (100%), Alcohol %: 0.09% (100%), Protein: 1.09g (2.17%), Vitamin A: 132.86IU (2.66%), Phosphorus: 23.1mg (2.31%), Vitamin B2: 0.04mg (2.22%), Selenium: 1.5µg (2.14%), Iron: 0.25mg (1.41%), Manganese: 0.03mg (1.4%), Magnesium: 5.19mg (1.3%), Copper: 0.02mg (1.24%), Calcium: 11.55mg (1.16%), Folate: 4.28µg (1.07%)