



PHILADELPHIA Chocolate Cheesecakes for Two

READY IN



130 min.

SERVINGS



10

CALORIES



60 kcal

DESSERT

Ingredients

- 2 oz philadelphia cream cheese softened ()
- 2 oreo cookies
- 1 oz baker's semi-sweet chocolate melted
- 1 Tbsp sugar
- 0.5 cup cool whip whipped topping thawed

Equipment

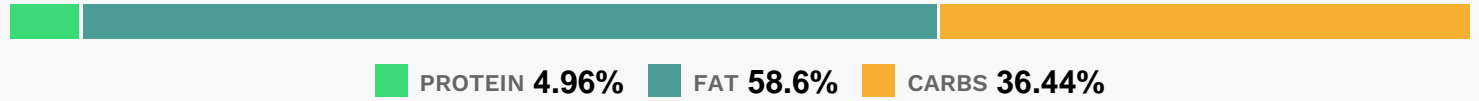
- bowl

- whisk
- muffin tray

Directions

- Whisk first 3 ingredients in medium bowl until blended. Stir in COOL WHIP.
- Place 1 cookie in each of 2 paper-lined muffin pan cups; top with cream cheese mixture.
- Refrigerate 2 hours.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:0.92, Inflammation Score:-1, Nutrition Score:1.0543478286785%

Nutrients (% of daily need)

Calories: 60.42kcal (3.02%), Fat: 3.99g (6.14%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 5.29g (1.92%), Sugar: 4.31g (4.79%), Cholesterol: 5.97mg (1.99%), Sodium: 30.11mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Manganese: 0.05mg (2.73%), Iron: 0.48mg (2.67%), Copper: 0.04mg (2.24%), Phosphorus: 18.44mg (1.84%), Magnesium: 6.89mg (1.72%), Vitamin A: 80.39IU (1.61%), Vitamin B2: 0.02mg (1.4%), Selenium: 0.95µg (1.35%), Fiber: 0.3g (1.19%), Vitamin K: 1.1µg (1.05%), Calcium: 10.44mg (1.04%)