



PHILADELPHIA Double-Chocolate Cheesecake

READY IN



305 min.

SERVINGS



16

CALORIES



460 kcal

DESSERT

Ingredients

- 0.5 cup blueberries
- 0.3 cup butter melted
- 32 ounce philadelphia cream cheese softened
- 4 eggs
- 2 tablespoons flour
- 24 oreo cookies crushed
- 8 ounce baker's semi-sweet chocolate melted
- 1 cup sugar
- 1 teaspoon vanilla

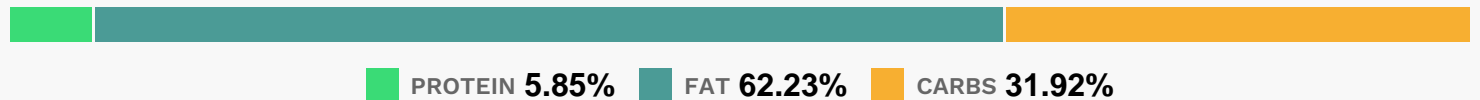
Equipment

- frying pan
- oven
- blender
- aluminum foil

Directions

- Heat oven to 325 degrees F.
- Mix crumbs and butter; press onto bottom of 13x9-pan lined with foil.
- Bake 10 min.
- Beat cream cheese, sugar, flour and vanilla with mixer until blended.
- Add chocolate; mix well.
- Add eggs, 1 at a time, mixing on low after each just until blended.
- Pour over crust.
- Bake 45 minutes or until center is almost set. Cool. Refrigerate 4 hours. Use foil to lift cheesecake from pan. Top with berries.

Nutrition Facts



Properties

Glycemic Index:13.26, Glycemic Load:10.31, Inflammation Score:-6, Nutrition Score:8.448695682961%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Petunidin: 1.46mg, Petunidin: 1.46mg, Petunidin: 1.46mg, Petunidin: 1.46mg Delphinidin: 1.64mg, Delphinidin: 1.64mg, Delphinidin: 1.64mg, Delphinidin: 1.64mg Malvidin: 3.13mg, Malvidin: 3.13mg, Malvidin: 3.13mg, Malvidin: 3.13mg Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 460.16kcal (23.01%), Fat: 32.34g (49.75%), Saturated Fat: 16.53g (103.33%), Carbohydrates: 37.32g (12.44%), Net Carbohydrates: 35.53g (12.92%), Sugar: 27.67g (30.75%), Cholesterol: 99.04mg (33.01%), Sodium: 298.57mg (12.98%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 13.09mg (4.36%), Protein: 6.84g (13.68%), Vitamin A: 957.68IU (19.15%), Iron: 3.39mg (18.84%), Manganese: 0.34mg (17.11%), Selenium: 10.78µg (15.4%), Vitamin B2: 0.24mg (14.17%), Phosphorus: 138.44mg (13.84%), Copper: 0.26mg (13.01%), Magnesium: 40.45mg (10.11%), Vitamin E: 1.27mg (8.45%), Vitamin K: 8.07µg (7.69%), Calcium: 75.36mg (7.54%), Fiber: 1.79g (7.17%), Zinc: 0.95mg (6.33%), Potassium: 219.19mg (6.26%), Vitamin B5: 0.6mg (6.01%), Folate: 23.28µg (5.82%), Vitamin B1: 0.07mg (4.46%), Vitamin B12: 0.25µg (4.19%), Vitamin B3: 0.72mg (3.62%), Vitamin B6: 0.06mg (3.13%), Vitamin D: 0.22µg (1.47%)