



Raspberry and Dark Chocolate Cheesecake



Vegetarian



Popular

READY IN



70 min.

SERVINGS



6

CALORIES



902 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 24 ounce cream cheese room temperature
- ☐ 2 ounces chocolate dark melted
- ☐ 3 eggs
- ☐ 2 cups graham cracker crumbs
- ☐ 1 cup raspberries
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 1 cup sugar

☐ 1 teaspoon vanilla extract

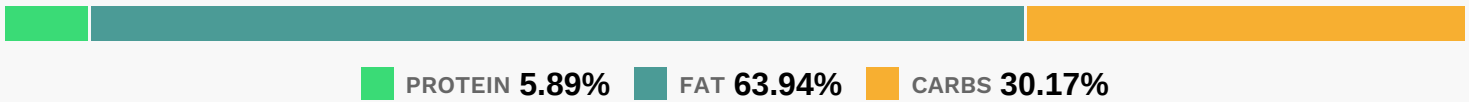
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Mix the graham cracker crumbs, sugar and butter and press into the bottom and up 1 inch along the sides of a 9 inch spring form pan. Beat the cream cheese until smooth and then beat in the sugar followed by the eggs, one at a time, the sour cream and the vanilla extract.
- ☐ Pour 1/4 of the mixture into the spring form pan, sprinkle on the raspberries, drizzle with chocolate and cover with the remaining cheese mixture. Double wrap the bottom of the spring-form pan with foil, place it in an oven safe pan and pour recently boiled water into the into the pan so that it goes one inch up the foil wrapping.
- ☐ Bake in a preheated 350F oven until there is just a small wobble in the middle when shaken, about an hour.
- ☐ Let cool, remove the foil, cover in plastic and place in the fridge over night.
- ☐ Serve garnished with fresh raspberries and chocolate drizzle.

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:41.09, Inflammation Score:-8, Nutrition Score:14.133478257967%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg

0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 901.54kcal (45.08%), Fat: 65.1g (100.15%), Saturated Fat: 36.45g (227.81%), Carbohydrates: 69.1g (23.03%), Net Carbohydrates: 65.81g (23.93%), Sugar: 48.28g (53.64%), Cholesterol: 243.72mg (81.24%), Sodium: 673.25mg (29.27%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Caffeine: 7.56mg (2.52%), Protein: 13.5g (27%), Vitamin A: 2180.99IU (43.62%), Vitamin B2: 0.5mg (29.62%), Phosphorus: 281.61mg (28.16%), Selenium: 18.59µg (26.56%), Calcium: 189.14mg (18.91%), Manganese: 0.34mg (17.14%), Iron: 2.97mg (16.49%), Magnesium: 58.55mg (14.64%), Fiber: 3.28g (13.13%), Zinc: 1.9mg (12.68%), Vitamin E: 1.87mg (12.47%), Vitamin B5: 1.2mg (12.01%), Copper: 0.24mg (11.88%), Potassium: 368.32mg (10.52%), Folate: 39.77µg (9.94%), Vitamin B12: 0.56µg (9.27%), Vitamin B6: 0.16mg (7.79%), Vitamin B1: 0.11mg (7.66%), Vitamin B3: 1.43mg (7.16%), Vitamin C: 5.5mg (6.67%), Vitamin K: 6.11µg (5.82%), Vitamin D: 0.44µg (2.93%)