



Raspberry-Chocolate Truffle Cheesecake

READY IN



139 min.

SERVINGS



16

CALORIES



284 kcal

DESSERT

Ingredients

- ☐ 3 ounces bittersweet chocolate melted chopped
- ☐ 13.7 ounce brownie mix fat-free (such as No Pudge!)
- ☐ 24 ounce cottage cheese 1% low-fat
- ☐ 0.3 cup dutch-processed cocoa powder
- ☐ 2 large egg whites divided
- ☐ 3 large eggs
- ☐ 0.5 cup vanilla yogurt fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon coffee instant

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup strawberry jam seedless
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water hot

Equipment

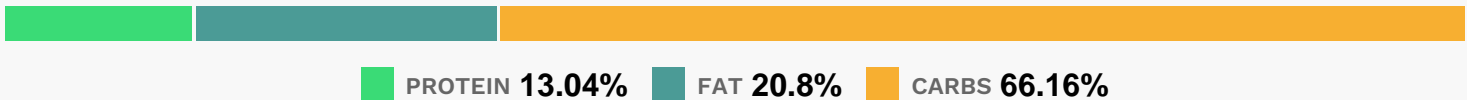
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ springform pan

Directions

- ☐ Preheat oven to 35
- ☐ Prepare brownie mix according to package directions using yogurt and 1 egg white.
- ☐ Spread batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 35 to 40 minutes or until done. Cool completely in pan on a wire rack.
- ☐ Reduce oven temperature to 32
- ☐ Combine cottage cheese and cream cheese in a food processor, and process 2 minutes or until smooth.
- ☐ Add sugar, cocoa, flour, and salt. Process 30 seconds or just until blended, scraping down sides of bowl if needed.
- ☐ Combine coffee granules and hot water. Stir in raspberry spread and melted chocolate.
- ☐ Add raspberry mixture, remaining egg white, eggs, and vanilla to cream cheese mixture in processor; process just until combined.

- ☐
- Crumble brownie evenly into a 9-inch springform pan coated with cooking spray. Press brownie firmly to form a compact crust.
- ☐
- Pour batter over crust.
- ☐
- Bake at 325 for 1 hour and 20 minutes or until almost set. Turn off oven; leave cake in oven 1 hour.
- ☐
- Remove from oven; run a knife around edge. Cool completely in pan on a wire rack. Cover and chill at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:13.57, Inflammation Score:-1, Nutrition Score:4.9452173735784%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 283.8kcal (14.19%), Fat: 6.63g (10.2%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 47.43g (15.81%), Net Carbohydrates: 46.11g (16.77%), Sugar: 33.82g (37.58%), Cholesterol: 37.05mg (12.35%), Sodium: 310.75mg (13.51%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 10.65mg (3.55%), Protein: 9.35g (18.69%), Selenium: 9.74µg (13.91%), Phosphorus: 117.59mg (11.76%), Vitamin B2: 0.18mg (10.33%), Iron: 1.68mg (9.31%), Copper: 0.17mg (8.73%), Manganese: 0.17mg (8.4%), Vitamin B12: 0.4µg (6.68%), Magnesium: 24.47mg (6.12%), Fiber: 1.32g (5.26%), Calcium: 52.47mg (5.25%), Zinc: 0.63mg (4.19%), Potassium: 145.6mg (4.16%), Folate: 16.26µg (4.07%), Vitamin B6: 0.06mg (2.81%), Vitamin B5: 0.28mg (2.75%), Vitamin B1: 0.04mg (2.46%), Vitamin C: 1.46mg (1.76%), Vitamin B3: 0.3mg (1.48%), Vitamin A: 71.64IU (1.43%), Vitamin D: 0.19µg (1.25%), Vitamin E: 0.16mg (1.07%)