



Red Velvet Cheesecake Cups

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour (5 oz)
- ☐ 1 teaspoon apple cider vinegar
- ☐ 0.5 teaspoon baking soda
- ☐ 2 teaspoons natural cocoa powder unsweetened
- ☐ 4 ounces cream cheese softened
- ☐ 1 large eggs
- ☐ 0.7 cup granulated sugar
- ☐ 1 tablespoon food coloring red

- ☐ 3 tablespoons cup heavy whipping cream sour
- ☐ 0.8 teaspoons vanilla
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 plus

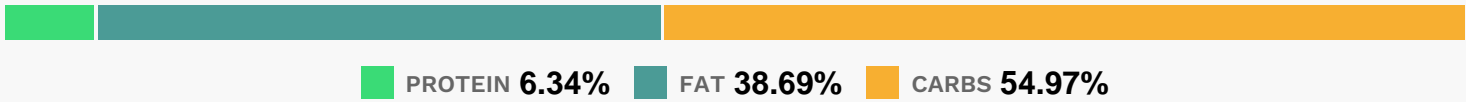
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F. Line 8 muffin cups with paper liners.Prepare filling first. With a mixing spoon, beat together softened cream cheese and sugar.
- ☐ Add egg and vanilla and stir until smooth. Set aside.In a mixing bowl, thoroughly stir together flour, cocoa powder, baking soda and salt.In a second mixing bowl, stir together oil, sugar, vinegar, egg, red food coloring, vanilla and sour cream.
- ☐ Mix very well, then add flour mixture and stir just until blended.Measure out approximately 1/3 cup red mixture and set aside. Divide remaining red mixture among the 8 muffin cups – each cup should be a little over 1/3 of the way full. Spoon cream cheese mixture over red mixture, dividing evenly between all cups. Drop small spoonfuls of reserved red batter on top of cream cheese mixture, making a bulls-eye pattern.
- ☐ Bake for 20–23 minutes.
- ☐ Let cool on a wire rack. Carefully remove lift muffins from cups.Best serve slightly chilled

Nutrition Facts



Properties

Glycemic Index:26.51, Glycemic Load:20.47, Inflammation Score:-3, Nutrition Score:3.9421738951426%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 214.37kcal (10.72%), Fat: 9.31g (14.32%), Saturated Fat: 3.97g (24.83%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 29.24g (10.63%), Sugar: 17.44g (19.38%), Cholesterol: 40.22mg (13.41%), Sodium: 135.89mg (5.91%), Alcohol: 0.13g (100%), Alcohol %: 0.22% (100%), Protein: 3.43g (6.86%), Selenium: 8.74µg (12.48%), Vitamin B2: 0.15mg (8.83%), Vitamin B1: 0.13mg (8.64%), Folate: 33.16µg (8.29%), Manganese: 0.12mg (6.15%), Vitamin K: 5.45µg (5.19%), Vitamin A: 252.15IU (5.04%), Iron: 0.9mg (4.99%), Phosphorus: 49.74mg (4.97%), Vitamin B3: 0.95mg (4.76%), Vitamin E: 0.44mg (2.91%), Vitamin B5: 0.26mg (2.61%), Calcium: 24.72mg (2.47%), Copper: 0.04mg (2.07%), Fiber: 0.51g (2.06%), Zinc: 0.3mg (1.97%), Magnesium: 7.24mg (1.81%), Vitamin B12: 0.1µg (1.6%), Potassium: 54.83mg (1.57%), Vitamin B6: 0.03mg (1.38%)