



Rocky Road No-Bake Cheesecake

READY IN



255 min.

SERVINGS



15

CALORIES



263 kcal

DESSERT

Ingredients

- 16 oz philadelphia cream cheese softened
- 0.8 cup marshmallows jet-puffed miniature
- 0.3 cup milk
- 6 oz oreo pie crust
- 0.3 cup planters cocktail peanuts chopped
- 3 oz baker's semi-sweet chocolate divided
- 0.3 cup sugar
- 2 cups cool whip whipped topping thawed

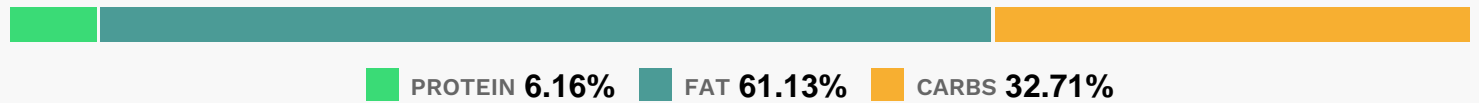
Equipment

- bowl
- whisk
- blender
- microwave

Directions

- Microwave 1 oz. chocolate as directed on package. Coarsely chop remaining chocolate.
- Beat cream cheese, sugar and milk in large bowl with mixer until blended.
- Add melted chocolate; mix well.
- Whisk in COOL WHIP, marshmallows, nuts and chopped chocolate. Spoon into crust.
- Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:13.99, Glycemic Load:4.88, Inflammation Score:-3, Nutrition Score:4.0169564770616%

Nutrients (% of daily need)

Calories: 262.63kcal (13.13%), Fat: 18.14g (27.91%), Saturated Fat: 9.38g (58.62%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 20.87g (7.59%), Sugar: 14.9g (16.56%), Cholesterol: 31.57mg (10.52%), Sodium: 164.52mg (7.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 4.11g (8.22%), Phosphorus: 87.04mg (8.7%), Vitamin A: 422.94IU (8.46%), Manganese: 0.16mg (8.23%), Vitamin B2: 0.11mg (6.72%), Magnesium: 23.33mg (5.83%), Copper: 0.11mg (5.46%), Selenium: 3.7µg (5.28%), Calcium: 48.51mg (4.85%), Iron: 0.87mg (4.82%), Folate: 18.77µg (4.69%), Vitamin B1: 0.07mg (4.52%), Vitamin B3: 0.89mg (4.43%), Fiber: 0.97g (3.87%), Potassium: 126.57mg (3.62%), Zinc: 0.4mg (2.66%), Vitamin B5: 0.26mg (2.62%), Vitamin E: 0.35mg (2.3%), Vitamin B12: 0.12µg (1.98%), Vitamin B6: 0.03mg (1.74%), Vitamin K: 1.38µg (1.31%)