

Rum and Chocolate Cheesecake

 Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



548 kcal

DESSERT

Ingredients

- 0.3 cup rum dark
- 1.5 cups little demerara sugar
- 1 cup almond flour
- 0.7 cup butter
- 0.5 cup soymilk
- 0.3 cup sunflower seeds
- 24 ounce tofu firm
- 7 tablespoons cocoa powder unsweetened

- 1.5 teaspoons vanilla extract
- 1 cup flour whole wheat

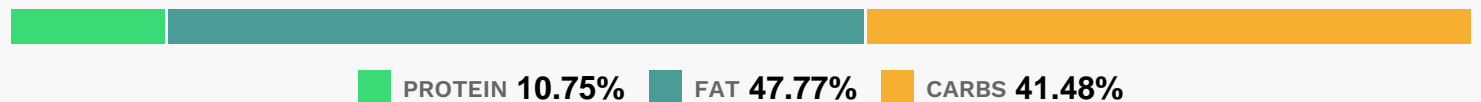
Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- springform pan

Directions

- Preheat oven to 325 degrees F (165 degrees C.) In a medium bowl, combine ground almonds and whole wheat flour.
- Cut in margarine until a dough is formed. Press dough into the bottom and half-way up the sides of a 9 inch springform pan.
- In a blender or food processor, crumble the tofu.
- Add sugar, cocoa, oil, soy milk, rum and vanilla. Process until smooth and creamy.
- Pour filling into crust.
- Bake in the preheated oven for 75 minutes, or until filling is set. Allow to cool on a rack and then chill thoroughly in refrigerator before attempting to remove from the pan.

Nutrition Facts



Properties

Glycemic Index:10.43, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:10.923043562018%

Flavonoids

Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epicatechin: 8.59mg, Epicatechin: 8.59mg, Epicatechin: 8.59mg, Epicatechin: 8.59mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg,

Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 547.73kcal (27.39%), Fat: 29.32g (45.11%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 57.29g (19.1%), Net Carbohydrates: 51.48g (18.72%), Sugar: 38.66g (42.95%), Cholesterol: 0mg (0%), Sodium: 192.02mg (8.35%), Alcohol: 2.76g (100%), Alcohol %: 1.73% (100%), Caffeine: 10.06mg (3.35%), Protein: 14.85g (29.7%), Manganese: 0.88mg (43.99%), Fiber: 5.81g (23.23%), Calcium: 180.58mg (18.06%), Selenium: 12.45µg (17.79%), Iron: 3.13mg (17.4%), Vitamin E: 2.54mg (16.94%), Copper: 0.33mg (16.32%), Vitamin A: 738.06IU (14.76%), Magnesium: 57.4mg (14.35%), Phosphorus: 118.37mg (11.84%), Vitamin B1: 0.15mg (10.15%), Vitamin B3: 1.68mg (8.41%), Vitamin B6: 0.16mg (7.94%), Zinc: 0.95mg (6.32%), Folate: 22.41µg (5.6%), Potassium: 188.84mg (5.4%), Vitamin B2: 0.09mg (5.15%), Vitamin B12: 0.18µg (2.97%), Vitamin B5: 0.17mg (1.65%), Vitamin C: 1.16mg (1.4%), Vitamin D: 0.18µg (1.18%)