



Shot Glass Cream Cheese Dessert

 Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 1.5 cups chocolate chips
- ☐ 16 ounce cream cheese
- ☐ 0.8 cup sugar white

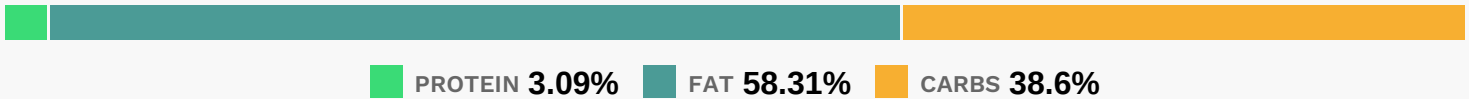
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Line the bottom of 12 shot glasses with miniature chocolate chips.
- ☐ Whip cream cheese and sugar together in a bowl with an electric hand mixer on medium speed.
- ☐ Layer cream cheese into the shot glasses, alternating with layers of chocolate chips.
- ☐ Garnish with milk chocolate candy kisses.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:9.29, Inflammation Score:-3, Nutrition Score:1.9513043320697%

Nutrients (% of daily need)

Calories: 292.92kcal (14.65%), Fat: 19.47g (29.96%), Saturated Fat: 11.65g (72.84%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 29g (10.55%), Sugar: 26.75g (29.73%), Cholesterol: 38.18mg (12.73%), Sodium: 118.82mg (5.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Vitamin A: 507.65IU (10.15%), Calcium: 52.86mg (5.29%), Vitamin B2: 0.09mg (5.25%), Selenium: 3.33µg (4.75%), Phosphorus: 40.45mg (4.04%), Potassium: 114.43mg (3.27%), Vitamin E: 0.33mg (2.17%), Vitamin B5: 0.22mg (2.15%), Vitamin B12: 0.08µg (1.39%), Zinc: 0.19mg (1.27%), Vitamin B6: 0.02mg (1.06%)