



Tiramisu Cheesecake Dessert

READY IN



145 min.

SERVINGS



24

CALORIES



208 kcal

DESSERT

Ingredients

- 2 cups vanilla wafers crushed (60 cookies)
- 0.3 cup butter melted
- 2 tablespoons whipping cream
- 2 tablespoon espresso powder instant
- 24 oz cream cheese softened
- 0.8 cup sugar
- 3 eggs
- 1 oz baker's chocolate grated
- 1 serving espresso grounds

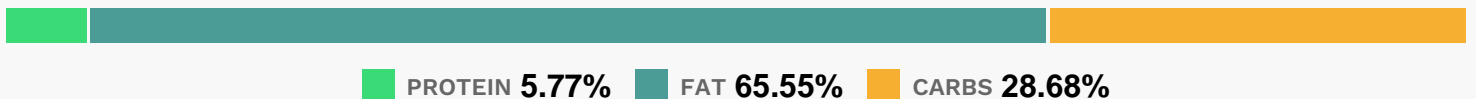
Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer
- aluminum foil
- spatula

Directions

- Heat oven to 350°F. Line 13x9-inch pan with foil; spray with cooking spray. In small bowl, mix crushed cookies and melted butter with fork. Press mixture in bottom of pan. Refrigerate while continuing with recipe.
- In small bowl, mix whipping cream and coffee granules with fork until coffee is dissolved; set aside.
- In large bowl, beat cream cheese with electric mixer on medium speed 2 to 3 minutes, scraping bowl occasionally, until smooth and creamy. On low speed, beat in sugar, eggs and coffee mixture, about 30 seconds. Beat on medium speed about 2 minutes longer or until ingredients are well blended. Using rubber spatula, spread cream cheese filling over crust.
- Bake 25 to 35 minutes or until center is set.
- Cool 30 minutes.
- Sprinkle with grated chocolate or top with espresso beans. Refrigerate about 1 hour or until completely chilled. For servings, cut into 6 rows by 4 rows, using sharp knife dipped in water.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:9.85, Inflammation Score:-4, Nutrition Score:2.9117391428546%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg

Nutrients (% of daily need)

Calories: 207.81kcal (10.39%), Fat: 15.5g (23.85%), Saturated Fat: 7.62g (47.61%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 14.94g (5.43%), Sugar: 10.27g (11.41%), Cholesterol: 50.6mg (16.87%), Sodium: 164.25mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.12mg (4.71%), Protein: 3.07g (6.14%), Vitamin A: 541.58IU (10.83%), Vitamin B2: 0.12mg (6.92%), Selenium: 4.35µg (6.21%), Phosphorus: 52.51mg (5.25%), Calcium: 34.19mg (3.42%), Folate: 13.62µg (3.4%), Vitamin B1: 0.05mg (3.3%), Manganese: 0.06mg (3.06%), Vitamin E: 0.42mg (2.77%), Vitamin B5: 0.25mg (2.54%), Copper: 0.05mg (2.42%), Potassium: 79.95mg (2.28%), Zinc: 0.33mg (2.21%), Magnesium: 8.65mg (2.16%), Vitamin B3: 0.41mg (2.03%), Iron: 0.36mg (1.98%), Vitamin B12: 0.12µg (1.94%), Vitamin B6: 0.03mg (1.32%), Fiber: 0.32g (1.3%)