



Zebra-Stripe Cheesecake

READY IN



45 min.

SERVINGS



16

CALORIES



235 kcal

DESSERT

Ingredients

- 24 ounce blocks cream cheese fat-free softened
- 8 ounce block softened
- 2 large egg whites
- 2 large eggs
- 1 cup graham cracker crumbs (8 cookie sheets)
- 0.5 cup milk 1% low-fat
- 4 ounces bittersweet chocolate melted
- 2 tablespoons stick margarine melted
- 1 cup sugar

- 2 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- springform pan

Directions

- Preheat oven to 325.
- To prepare crust, combine cracker crumbs and butter in a bowl; toss with a fork until moist. Press into bottom of a 9-inch springform pan coated with cooking spray.
- To prepare the filling, beat cheeses at high speed of a mixer until smooth.
- Add sugar, milk, and vanilla, beating well.
- Add eggs and egg whites, 1 at a time, beating well after each addition.
- Pour half of the cheese mixture into another bowl.
- Add chocolate to remaining batter.
- Pour one-third of white batter into prepared pan.
- Pour one-half of chocolate batter in center of white batter in pan; spread to within 1 inch of edge of white batter.
- Pour one-third of white batter in center of chocolate batter; spread to within 1 inch of edge of chocolate batter.
- Pour remaining chocolate batter in center of white batter; spread to within 1 inch of edge of white batter.
- Pour remaining white batter in center of chocolate batter; spread to within 1 inch of chocolate batter. (Design on top should look like a target.)
- Bake at 325 for 1 hour and 10 minutes or until almost set. Cheesecake is done when center barely moves when pan is touched.

- Remove cheesecake from oven; run a knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours.

Nutrition Facts



PROTEIN 16.77% **FAT 41.13%** **CARBS 42.1%**

Properties

Glycemic Index:10.69, Glycemic Load:11.77, Inflammation Score:-3, Nutrition Score:6.4595652248548%

Nutrients (% of daily need)

Calories: 234.67kcal (11.73%), Fat: 10.74g (16.52%), Saturated Fat: 5.33g (33.29%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 24g (8.73%), Sugar: 19.63g (21.81%), Cholesterol: 43.46mg (14.49%), Sodium: 414.53mg (18.02%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Caffeine: 6.1mg (2.03%), Protein: 9.85g (19.7%), Phosphorus: 287.65mg (28.76%), Calcium: 185.37mg (18.54%), Vitamin B2: 0.22mg (13.05%), Selenium: 6.87µg (9.82%), Vitamin B12: 0.55µg (9.23%), Zinc: 1.11mg (7.43%), Magnesium: 28.41mg (7.1%), Vitamin A: 330.77IU (6.62%), Potassium: 215.25mg (6.15%), Vitamin B5: 0.59mg (5.91%), Copper: 0.11mg (5.73%), Folate: 21.84µg (5.46%), Manganese: 0.11mg (5.34%), Iron: 0.88mg (4.89%), Fiber: 0.75g (2.98%), Vitamin B1: 0.04mg (2.77%), Vitamin B6: 0.05mg (2.62%), Vitamin E: 0.3mg (1.98%), Vitamin B3: 0.39mg (1.94%), Vitamin D: 0.21µg (1.37%)