

Five-Ingredient Chocolate Cheesecake Cups

3 Smart Points 65 calories



Read more at <http://www.skinnytaste.com/five-ingredient-chocolate-cheesecake-cups>

Prep Time: 15 minutes

Ingredients:

- 1 oz (1 square) semisweet baking chocolate, plus 1/8 oz shavings (Bakers)
- 4 oz Philly 1/3 less fat cream cheese, softened
- 1/4 cup sugar
- 1/4 cup light sour cream
- 1 large egg

Directions:

1. Preheat oven to 225F. Line a mini muffin pan with mini cups or mini muffin liners.
2. Melt 1 oz chocolate in the microwave in 30 seconds increments, stirring in between until chocolate has melted, about 1 1/2 minutes total.
3. In a bowl, using a hand mixer, beat the cream cheese and sugar, then add the sour cream and beat until smooth.
4. With a spoon, fold in egg (always folding under) and the melted chocolate and stir until smooth.
5. Spoon 2 tbsp in each cup. Bake 50 minutes, then turn the oven off and let the cheesecakes sit in the oven 30 minutes longer. Remove from oven and let cool completely before serving (2 hours or overnight in the fridge).
6. Shave the remaining chocolate and sprinkle over the top before serving.

Nutrition Information

Yield: 12 mini cupcakes, Serving Size: 1 mini cupcake

- **Amount Per Serving:**
- Smart Points: 3
- Points +: 2
- Calories: 65
- Total Fat: 4g
- Saturated Fat: 2g
- Cholesterol: 20mg
- Sodium: 48mg
- Carbohydrates: 6g
- Fiber: 0g
- Sugar: 6g
- Protein: 1.5

