

3 Ingredient Chocolate Japanese Cheesecake

Yield: 4 min
Total Time: 38 min

Recipe from: <https://www.recipeschoose.com/recipes/chocolate-japanese-cheesecake-recipe>

Ingredients:

- 3 egg whites large eggs, and yolks separated
- 4 ounces full fat cream cheese Philadelphia brand preferred softened to room temperature
- 4 ounces milk chocolate creamy, use sugar free for low carb or keto between 30%-40% cocoa

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 40 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 11 grams
8. Sodium: 150 milligrams
9. Sugar: 16 grams

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