



American Flag Cheesecake Bars

 Vegetarian

READY IN



95 min.

SERVINGS



30

CALORIES



195 kcal

DESSERT

Ingredients

- 1 cup blueberries fresh ripe
- 0.3 cup brown sugar light packed
- 24 oz cream cheese at room temperature
- 3 large eggs at room temperature
- 1 cup flour all-purpose
- 2 tablespoons juice of lemon
- 1 cup raspberry jelly seedless
- 0.3 teaspoon salt

- 0.8 cup sugar
- 8 tablespoons butter unsalted melted (1 stick)
- 2 teaspoons vanilla extract
- 0.5 cup almonds whole

Equipment

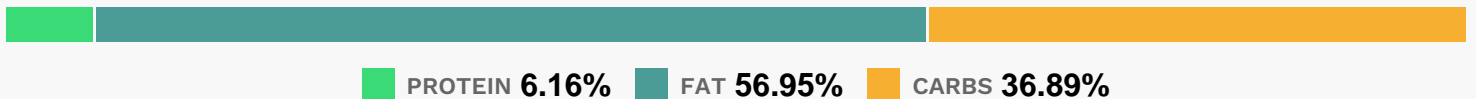
- food processor
- bowl
- frying pan
- oven
- knife
- wire rack
- baking pan
- hand mixer
- roasting pan
- aluminum foil
- cutting board

Directions

- Preheat oven to 325F. Line a 9-by-13-inch baking pan with foil, leaving a 2-inch overhang on 2 sides. Mist foil with cooking spray.
- Make crust: Pulse almonds in a food processor until finely chopped.
- Add flour, brown sugar and salt, and process until well combined.
- Add butter and pulse just until mixture begins to come together; it should not form a ball. Press mixture evenly over bottom of prepared pan.
- Bake for 25 minutes, or until set.
- Let cool on a wire rack.
- Make filling: With an electric mixer on medium-high speed, beat cream cheese and sugar until smooth. Scrape down sides of bowl. Reduce speed to medium-low and add eggs, one at a time, beating until just combined. Beat in lemon juice, vanilla and salt.

- Spread cream cheese mixture evenly over crust. Tap pan on countertop 3 or 4 times to burst air bubbles in filling.
- Place pan on a large roasting pan and put in oven.
- Pour hot tap water into roasting pan until it comes up about an inch around baking pan.
- Bake for 40 minutes, or until filling is just set. Cool completely on a wire rack, then cover with foil and refrigerate for at least 6 hours or overnight.
- Use foil overhang to lift cheesecake out of pan and onto cutting board.
- Heat a large sharp knife under hot water; dry knife. Trim off edges of cheesecake. Carefully cut into 16 bars, rinsing knife under hot water and drying thoroughly between each cut.
- Transfer bars to a serving platter. Decorate each bar with 5 blueberries in upper left corner to resemble stars on the American flag.
- Place jelly in a ziplock bag, seal bag and snip off about 1/6 inch at one bottom corner. Pipe jelly in thin lines on each bar to resemble stripes on flag.

Nutrition Facts



Properties

Glycemic Index:9.24, Glycemic Load:9.17, Inflammation Score:-3, Nutrition Score:3.4104347902796%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 3.33mg, Malvidin: 3.33mg, Malvidin: 3.33mg, Malvidin: 3.33mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 195.36kcal (9.77%), Fat: 12.58g (19.35%), Saturated Fat: 6.76g (42.22%), Carbohydrates: 18.33g (6.11%), Net Carbohydrates: 17.71g (6.44%), Sugar: 12.52g (13.91%), Cholesterol: 49.53mg (16.51%), Sodium: 101.42mg (4.41%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 3.06g (6.13%), Vitamin A: 427.63IU (8.55%), Vitamin B2: 0.13mg (7.83%), Selenium: 5.25µg (7.5%), Vitamin E: 0.99mg (6.57%), Manganese: 0.11mg (5.45%), Phosphorus: 53.23mg (5.32%), Calcium: 36.7mg (3.67%), Folate: 14.52µg (3.63%), Vitamin B1: 0.05mg (3.22%), Magnesium: 10.97mg (2.74%), Iron: 0.47mg (2.59%), Copper: 0.05mg (2.55%), Vitamin B5: 0.25mg (2.52%), Fiber: 0.61g (2.46%), Potassium: 73.99mg (2.11%), Zinc: 0.3mg (1.99%), Vitamin B3: 0.39mg (1.93%), Vitamin C: 1.52mg (1.85%), Vitamin B12: 0.1µg (1.68%), Vitamin K: 1.72µg (1.64%), Vitamin B6: 0.03mg (1.6%), Vitamin D: 0.16µg (1.04%)