



Apricot Cheesecake Bars

READY IN



245 min.

SERVINGS



64

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup butter softened
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup plus light
- ☐ 0.5 teaspoon salt
- ☐ 16 ounces cream cheese softened
- ☐ 3 eggs
- ☐ 1 cup plus light
- ☐ 2 teaspoons vanilla

- ☐ 0.8 cup apricot preserves
- ☐ 1 serving powdered sugar

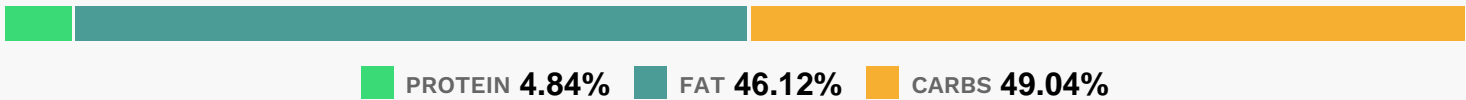
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 375°F. Grease bottom and sides of rectangular pan, 13x9x2 inches. Beat flour, butter, granulated sugar, 1/3 cup corn syrup and the salt in large bowl with electric mixer on low speed until dough forms. Press evenly in pan.
- ☐ Beat cream cheese in medium bowl on medium speed until smooth. Beat in eggs until well blended. Beat in 1 cup corn syrup and the vanilla until smooth.
- ☐ Pour over dough.
- ☐ Bake 35 to 40 minutes or until edges are light golden brown and filling is set (filling may appear puffy.) Stir preserves; spread over hot bars. Refrigerate at least 3 hours until chilled.
- ☐ For 64 bars, cut into 8 rows by 4 rows; cut bars diagonally in half.
- ☐ Sprinkle with powdered sugar just before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.28, Glycemic Load:3.84, Inflammation Score:-2, Nutrition Score:1.2621739105038%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 91.77kcal (4.59%), Fat: 4.84g (7.44%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 11.46g (4.17%), Sugar: 7.86g (8.74%), Cholesterol: 14.83mg (4.94%), Sodium: 74.05mg (3.22%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 1.14g (2.29%), Vitamin A: 207.16IU (4.14%), Selenium: 2.68µg (3.83%), Vitamin B2: 0.05mg (2.76%), Vitamin B1: 0.04mg (2.51%), Folate: 8.81µg (2.2%), Phosphorus: 16.59mg (1.66%), Manganese: 0.03mg (1.47%), Iron: 0.24mg (1.33%), Vitamin B3: 0.24mg (1.2%), Vitamin E: 0.17mg (1.14%), Calcium: 10.93mg (1.09%)