

Apricot Cheesecake Bars

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



198 kcal

DESSERT

Ingredients

- 0.8 cup apricot preserves warmed
- 0.3 cup brown sugar packed
- 0.3 cup butter softened
- 8 ounces cream cheese softened
- 1 eggs
- 1 cup flour all-purpose
- 1 tablespoon juice of lemon
- 2 tablespoons milk 2%

- 0.3 cup sugar
- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped

Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- In a small bowl, cream butter and brown sugar until light and fluffy. Stir in flour and nuts. Set aside 1 cup for topping.
- Press remaining mixture into a greased 8-in. square baking dish.
- Bake at 350° for 15–20 minutes or until lightly browned. Cool on a wire rack.
- In another small bowl, beat the cream cheese, sugar, egg, milk, lemon juice and vanilla until blended.
- Spread the jam over cooled crust.
- Pour cream cheese mixture over jam.
- Sprinkle with reserved topping mixture; press down lightly.
- Bake at 350° for 17–20 minutes or until filling is set. Cool on a wire rack.
- Cut into bars. Refrigerate leftovers.

Nutrition Facts



PROTEIN 5.45% FAT 50.9% CARBS 43.65%

Properties

Glycemic Index:15.13, Glycemic Load:6.76, Inflammation Score:-3, Nutrition Score:3.3399999919145%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 197.95kcal (9.9%), Fat: 11.51g (17.7%), Saturated Fat: 5.64g (35.26%), Carbohydrates: 22.2g (7.4%), Net Carbohydrates: 21.71g (7.9%), Sugar: 13.19g (14.66%), Cholesterol: 34.86mg (11.62%), Sodium: 85.72mg (3.73%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 2.77g (5.54%), Manganese: 0.19mg (9.44%), Selenium: 5.28µg (7.55%), Vitamin A: 348.83IU (6.98%), Vitamin B2: 0.1mg (5.75%), Vitamin B1: 0.08mg (5.29%), Folate: 21.03µg (5.26%), Phosphorus: 45.17mg (4.52%), Copper: 0.09mg (4.39%), Iron: 0.62mg (3.46%), Calcium: 29.57mg (2.96%), Vitamin B3: 0.53mg (2.66%), Magnesium: 10.34mg (2.59%), Vitamin B6: 0.04mg (2.06%), Vitamin E: 0.31mg (2.05%), Vitamin B5: 0.2mg (1.99%), Zinc: 0.3mg (1.98%), Fiber: 0.49g (1.97%), Potassium: 66.78mg (1.91%), Vitamin C: 1.39mg (1.68%), Vitamin B12: 0.07µg (1.23%)