



Berry Cheesecake Bars

READY IN



45 min.

SERVINGS



36

CALORIES



97 kcal

Ingredients

- ☐ 2 teaspoons pillsbury best® all purpose flour
- ☐ 1 cup smucker's® blackberry jam sugar free seedless
- ☐ 2 large eggs
- ☐ 1 cup graham cracker crumbs
- ☐ 0.3 cup juice of lemon
- ☐ 2 tablespoon butter light softened
- ☐ 8 oz cream cheese softened
- ☐ 1 cup smucker's® strawberry jam sugar free seedless
- ☐ 14 oz condensed milk fat free sweetened eagle brand® canned
- ☐ 1 teaspoon vanilla extract

- ☐ 36 servings or
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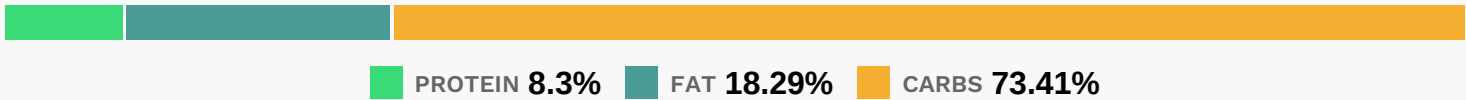
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ HEAT oven to 350F. Coat 13x9-inch baking pan with no-stick spray.
- ☐ MIX together graham cracker crumbs and margarine with a fork until evenly moistened. Press evenly into bottom of prepared pan.
- ☐ BEAT cream cheese until smooth using an electric mixer. Gradually beat in sweetened condensed milk.
- ☐ Add eggs, lemon juice, vanilla and flour.
- ☐ Mix well.
- ☐ Pour over graham cracker crust.
- ☐ STIR jam until smooth. Drop by small spoonfuls over surface of filling. With a knife, swirl jam gently through filling to create marble effect.
- ☐ BAKE 25 to 30 minutes or until center is set. Cool to room temperature. Chill.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:4.84, Inflammation Score:-1, Nutrition Score:1.3034782581355%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 97.39kcal (4.87%), Fat: 2.12g (3.26%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 18.79g (6.83%), Sugar: 14.64g (16.27%), Cholesterol: 13.74mg (4.58%), Sodium: 67.12mg (2.92%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.16g (4.33%), Calcium: 55.9mg (5.59%), Phosphorus: 22.63mg (2.26%), Vitamin B2: 0.04mg (2.26%), Vitamin A: 104.62IU (2.09%), Vitamin C: 1.71mg (2.07%), Selenium: 1.44µg (2.06%), Folate: 5.84µg (1.46%), Vitamin B12: 0.08µg (1.39%), Fiber: 0.35g (1.39%), Iron: 0.23mg (1.3%), Potassium: 38.03mg (1.09%), Vitamin B5: 0.1mg (1.02%)