



Black Forest Dream Bars

READY IN



220 min.

SERVINGS



20

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 17.5 oz basic cookie mix chunk
- 0.3 cup vegetable oil
- 1 eggs
- 21 oz cherry pie filling canned
- 16 oz cream cheese softened
- 0.5 cup sugar
- 8 oz non-dairy whipped topping frozen thawed

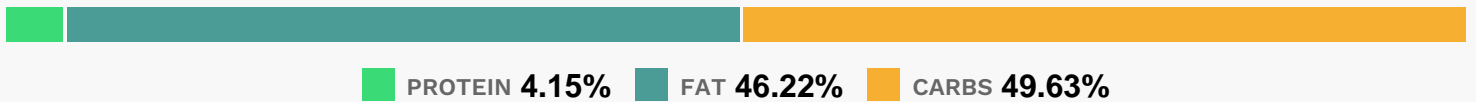
Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- plastic wrap
- hand mixer

Directions

- Heat oven to 350°F. Lightly spray bottom and sides of 13x9-inch pan with cooking spray. In large bowl, stir cookie mix, oil and egg until soft dough forms. On ungreased cookie sheet, drop 3 tablespoonfuls of dough 2 inches apart to make 3 cookies.
- Bake 12 to 13 minutes or until set. Cool 2 minutes; remove from cookie sheet to wire rack. Cool completely, about 15 minutes.
- Meanwhile, press remaining cookie dough in bottom of sprayed pan. Reserve 1 cup cherry pie filling for topping; cover with plastic wrap and refrigerate. In large bowl, beat cream cheese, sugar and the remaining pie filling with electric mixer on medium speed until blended.
- Spread cream cheese mixture over crust in pan.
- Bake 35 to 40 minutes or until set. Cool 30 minutes. Refrigerate about 1 hour or until chilled.
- Spread whipped topping over cream cheese layer. Top with spoonfuls of the reserved cherry pie filling. Coarsely crumble baked cookies; sprinkle over top of bars. Refrigerate at least 1 hour for flavors to blend. To serve, cut into 5 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.85, Glycemic Load:3.83, Inflammation Score:-2, Nutrition Score:2.3986956360547%

Nutrients (% of daily need)

Calories: 293.4kcal (14.67%), Fat: 14.95g (23.01%), Saturated Fat: 6.72g (42.01%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 35.32g (12.85%), Sugar: 20.21g (22.46%), Cholesterol: 31.32mg (10.44%), Sodium: 113.96mg

(4.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin A: 385.88IU (7.72%), Vitamin K: 5.86µg (5.58%), Vitamin B2: 0.09mg (5%), Selenium: 3.05µg (4.35%), Phosphorus: 41.48mg (4.15%), Calcium: 34.61mg (3.46%), Vitamin E: 0.5mg (3.32%), Fiber: 0.81g (3.23%), Potassium: 86.94mg (2.48%), Vitamin B5: 0.18mg (1.82%), Copper: 0.03mg (1.55%), Vitamin B12: 0.09µg (1.54%), Vitamin B1: 0.02mg (1.52%), Vitamin B6: 0.03mg (1.49%), Iron: 0.24mg (1.33%), Magnesium: 5.18mg (1.3%), Vitamin C: 1.07mg (1.3%), Folate: 4.61µg (1.15%), Zinc: 0.17mg (1.12%)