



Blueberry Cheesecake Bars

 Vegetarian

READY IN



50 min.

SERVINGS



50

CALORIES



76 kcal

DESSERT

Ingredients

- 1 cup blueberries
- 0.3 cup butter melted
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 2 cups graham cracker crumbs
- 10 oz blueberry preserves
- 0.8 cup sugar
- 1 tsp vanilla

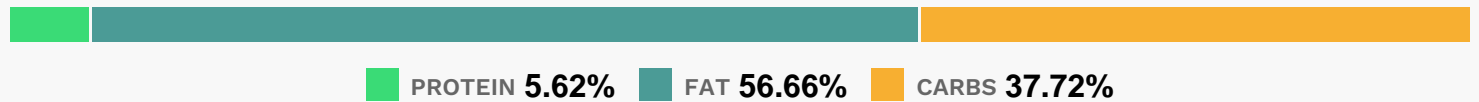
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 350F.
- Mix butter and graham crumbs in 13x9-inch pan; press onto bottom of pan. Refrigerate until ready to use.
- Beat cream cheese in large bowl with mixer until creamy.
- Add sugar, eggs and vanilla; beat until blended.
- Stir preserves in jar until softened; spread evenly onto crust. Top with berries, then cream cheese mixture.
- Bake 30 min. or until slightly puffed. Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:6.02, Glycemic Load:4.46, Inflammation Score:-1, Nutrition Score:1.2108695759721%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Petunidin: 2.72mg, Petunidin: 2.72mg, Petunidin: 2.72mg, Petunidin: 2.72mg Delphinidin: 3.06mg, Delphinidin: 3.06mg, Delphinidin: 3.06mg, Delphinidin: 3.06mg Malvidin: 5.83mg, Malvidin: 5.83mg, Malvidin: 5.83mg, Malvidin: 5.83mg Peonidin: 1.75mg, Peonidin: 1.75mg, Peonidin: 1.75mg, Peonidin: 1.75mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,

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Nutrients (% of daily need)

Calories: 76.08kcal (3.8%), Fat: 4.89g (7.52%), Saturated Fat: 2.72g (17%), Carbohydrates: 7.32g (2.44%), Net Carbohydrates: 7g (2.55%), Sugar: 4.99g (5.54%), Cholesterol: 18.96mg (6.32%), Sodium: 62.98mg (2.74%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.09g (2.18%), Vitamin A: 173.82IU (3.48%), Vitamin B2: 0.04mg (2.45%), Phosphorus: 21.38mg (2.14%), Selenium: 1.36µg (1.95%), Vitamin K: 1.97µg (1.87%), Manganese: 0.03mg (1.54%), Calcium: 13.36mg (1.34%), Fiber: 0.32g (1.29%), Vitamin E: 0.18mg (1.21%), Iron: 0.21mg (1.14%), Vitamin C: 0.84mg (1.01%)