



## Blueberry Cheesecake Bars

READY IN



250 min.

SERVINGS



28

CALORIES



275 kcal

DESSERT

### Ingredients

- 17.5 oz basic cookie mix
- 0.5 cup butter softened
- 1 eggs
- 24 oz cream cheese softened
- 0.8 cup sugar
- 0.5 cup whipping cream
- 3 eggs
- 10 oz alouette garlic & herbs spreadable cheese
- 1.5 cups blueberries fresh whole thawed drained ( and )

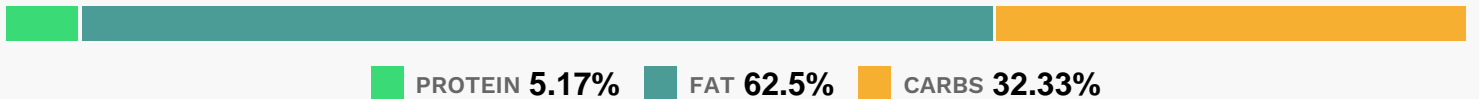
## Equipment

- bowl
- frying pan
- oven
- blender
- hand mixer

## Directions

- Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray. In large bowl, beat cookie mix, butter and egg with electric mixer on low speed until soft dough forms. Press in bottom of pan.
- Bake 15 minutes. Cool 10 minutes. Meanwhile, in another large bowl, beat cream cheese and sugar with mixer on medium speed until fluffy.
- Add whipping cream and eggs; beat on low speed until well blended.
- Spread spreadable fruit over partially cooled crust.
- Sprinkle with blueberries.
- Pour cream cheese mixture evenly over blueberries, spreading gently to cover.
- Bake 40 to 45 minutes or until center is set. Cool 30 minutes. Refrigerate at least 2 hours. For bars, cut into 7 rows by 4 rows. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:4.9, Glycemic Load:4.49, Inflammation Score:-3, Nutrition Score:2.5308695487354%

## Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Petunidin: 2.5mg, Petunidin: 2.5mg, Petunidin: 2.5mg, Petunidin: 2.5mg Delphinidin: 2.81mg, Delphinidin: 2.81mg, Delphinidin: 2.81mg, Delphinidin: 2.81mg Malvidin: 5.36mg, Malvidin: 5.36mg, Malvidin: 5.36mg, Malvidin: 5.36mg Peonidin: 1.61mg, Peonidin: 1.61mg, Peonidin: 1.61mg, Peonidin: 1.61mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg  
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: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg,  
Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.61mg,  
Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,  
Galocatechin: 0.01mg, Galocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 275.07kcal (13.75%), Fat: 19.24g (29.61%), Saturated Fat: 9.01g (56.3%), Carbohydrates: 22.39g (7.46%),  
Net Carbohydrates: 21.75g (7.91%), Sugar: 15.54g (17.27%), Cholesterol: 63.73mg (21.24%), Sodium: 198.36mg  
(8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin A: 572.04IU (11.44%), Vitamin B2:  
0.1mg (6.08%), Selenium: 4.19µg (5.98%), Phosphorus: 42.79mg (4.28%), Vitamin E: 0.48mg (3.23%), Calcium:  
31.64mg (3.16%), Vitamin B5: 0.26mg (2.59%), Fiber: 0.64g (2.56%), Vitamin K: 2.2µg (2.09%), Vitamin B12: 0.12µg  
(2%), Potassium: 60.68mg (1.73%), Manganese: 0.03mg (1.57%), Vitamin B6: 0.03mg (1.51%), Zinc: 0.23mg (1.51%),  
Folate: 5.83µg (1.46%), Vitamin D: 0.19µg (1.29%), Iron: 0.23mg (1.28%), Vitamin B1: 0.02mg (1.15%)