



Blueberry Cheesecake Bars

READY IN



250 min.

SERVINGS



28

CALORIES



246 kcal

DESSERT

Ingredients

- 1.5 cups blueberries fresh whole thawed drained (and)
- 0.5 cup butter softened
- 1 pouch basic cookie mix (1 lb 1.5 oz)
- 24 oz cream cheese softened
- 1 eggs
- 3 eggs
- 10 oz fruit
- 0.8 cup sugar
- 0.5 cup whipping cream

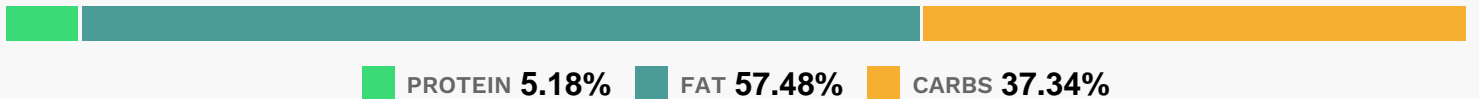
Equipment

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

Directions

- Heat oven to 350F. 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:-4, Nutrition Score:2.6986956751865%

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 Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 245.6kcal (12.28%), Fat: 15.73g (24.2%), Saturated Fat: 7.03g (43.92%), Carbohydrates: 22.99g (7.66%),
Net Carbohydrates: 22.19g (8.07%), Sugar: 16.68g (18.53%), Cholesterol: 52.73mg (17.58%), Sodium: 143.84mg
(6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin A: 602.62IU (12.05%), Vitamin
B2: 0.11mg (6.22%), Selenium: 4.19µg (5.98%), Phosphorus: 44.01mg (4.4%), Vitamin E: 0.48mg (3.23%), Fiber: 0.8g
(3.21%), Calcium: 32.15mg (3.21%), Vitamin B5: 0.26mg (2.63%), Vitamin K: 2.66µg (2.53%), Vitamin B12: 0.12µg (2%),
Potassium: 69.68mg (1.99%), Manganese: 0.03mg (1.7%), Vitamin B6: 0.03mg (1.59%), Zinc: 0.24mg (1.57%), Folate:
6.03µg (1.51%), Iron: 0.26mg (1.45%), Vitamin D: 0.19µg (1.29%), Vitamin C: 1.03mg (1.24%), Vitamin B1: 0.02mg
(1.23%), Magnesium: 4.34mg (1.09%), Copper: 0.02mg (1.09%)