



Blueberry Cheesecake Squares

READY IN



240 min.

SERVINGS



16

CALORIES



197 kcal

DESSERT

Ingredients

- ☐ 2 cups corn flakes/bran flakes crushed
- ☐ 1 tablespoon butter melted
- ☐ 16 oz cream cheese reduced-fat (Neufchâtel)
- ☐ 14 oz condensed milk fat-free sweetened canned
- ☐ 0.5 cup cream fat-free sour
- ☐ 2 eggs fat-free
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup sugar
- ☐ 1.5 teaspoons cornstarch

- ☐ 2 tablespoons water
- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups blueberries fresh unsweetened ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 375°F. In 8- or 9-inch square pan, toss cereal and melted butter until cereal is well coated.
- ☐ Spread evenly in pan.
- ☐ Bake 5 to 11 minutes or until golden brown.
- ☐ Meanwhile, in large bowl, beat cream cheese and milk with electric mixer on medium speed until smooth. Beat in sour cream, eggs and vanilla until well blended.
- ☐ Pour over crust.
- ☐ Bake 35 to 40 minutes or until center is jiggly but sides are set.
- ☐ Cool 1 hour at room temperature. Refrigerate about 2 hours or until chilled.
- ☐ Meanwhile, in 1-quart saucepan, mix sugar and cornstarch. Stir in water and lemon juice until smooth.
- ☐ Add 1 cup of the blueberries.
- ☐ Heat to boiling over medium heat, stirring constantly. Boil about 2 minutes or until thickened; remove from heat. Stir in remaining 1 cup blueberries.
- ☐ Place blueberry topping in small bowl; let stand at room temperature 5 minutes. Cover and refrigerate until chilled.
- ☐ For squares, cut cheesecake into 4 rows by 4 rows.
- ☐ Serve blueberry topping over cheesecake.

Nutrition Facts

 **PROTEIN 11.36%**  **FAT 35.15%**  **CARBS 53.49%**

Properties

Glycemic Index:15.21, Glycemic Load:13.56, Inflammation Score:-5, Nutrition Score:7.5278260500535%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 196.7kcal (9.84%), Fat: 7.9g (12.16%), Saturated Fat: 4.29g (26.78%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 25.69g (9.34%), Sugar: 21.14g (23.49%), Cholesterol: 44.85mg (14.95%), Sodium: 186.83mg (8.12%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 5.75g (11.49%), Vitamin B2: 0.27mg (15.91%), Phosphorus: 148.55mg (14.86%), Selenium: 9.54µg (13.63%), Calcium: 128.22mg (12.82%), Manganese: 0.25mg (12.38%), Folate: 46.15µg (11.54%), Vitamin B12: 0.69µg (11.52%), Iron: 1.65mg (9.15%), Vitamin A: 437.09IU (8.74%), Vitamin B1: 0.11mg (7.4%), Vitamin B6: 0.13mg (6.57%), Potassium: 221.58mg (6.33%), Vitamin B5: 0.58mg (5.78%), Magnesium: 22.79mg (5.7%), Fiber: 1.36g (5.45%), Zinc: 0.78mg (5.22%), Vitamin B3: 1.01mg (5.06%), Vitamin K: 4.12µg (3.92%), Vitamin C: 2.8mg (3.4%), Vitamin D: 0.41µg (2.73%), Copper: 0.05mg (2.72%), Vitamin E: 0.35mg (2.31%)