

Brownie Cheesecake Bites

 Vegetarian

READY IN



100 min.

SERVINGS



24

CALORIES



202 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 6 cups kellogg's® cocoa cereal
- 16 oz cream cheese softened
- 2 eggs
- 24 servings strawberries fresh sliced
- 0.5 cup sugar
- 1 teaspoon vanilla

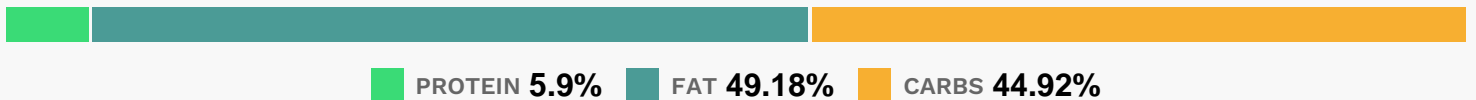
Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- hand mixer
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Heat oven to 350F.
- Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor). In large bowl, mix crushed cereal and melted butter. Press mixture in 13x9-inch pan.
- In large bowl, beat cream cheese, eggs, sugar and vanilla with electric mixer on medium speed until smooth.
- Spread over crust.
- Bake 20 to 25 minutes or just until set. Cool completely in pan on cooling rack, about 1 hour.
- Cut into 6 rows by 4 rows.
- Garnish bars with sliced strawberries. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:6.46, Inflammation Score:-7, Nutrition Score:13.499565238538%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin:

0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 202.37kcal (10.12%), Fat: 11.6g (17.84%), Saturated Fat: 6.47g (40.47%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 20.44g (7.43%), Sugar: 15.3g (17%), Cholesterol: 42.9mg (14.3%), Sodium: 147.22mg (6.4%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 3.13g (6.27%), Vitamin C: 86.67mg (105.05%), Manganese: 0.59mg (29.64%), Folate: 71.43µg (17.86%), Vitamin B2: 0.24mg (14.03%), Fiber: 3.39g (13.57%), Vitamin B6: 0.25mg (12.56%), Iron: 2.18mg (12.12%), Vitamin A: 575.76IU (11.52%), Vitamin B3: 2.24mg (11.22%), Vitamin B1: 0.17mg (11.11%), Zinc: 1.6mg (10.66%), Vitamin B12: 0.59µg (9.77%), Phosphorus: 83.17mg (8.32%), Potassium: 276.27mg (7.89%), Calcium: 77.92mg (7.79%), Magnesium: 26.29mg (6.57%), Selenium: 3.98µg (5.69%), Vitamin E: 0.79mg (5.28%), Copper: 0.09mg (4.44%), Vitamin K: 4.1µg (3.9%), Vitamin B5: 0.38mg (3.84%), Vitamin D: 0.41µg (2.71%)