



Brownie Cheesecake Bites

 Vegetarian

READY IN



100 min.

SERVINGS



24

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 6 cups kellogg's® cocoa cereal cocoa puffs®
- ☐ 16 oz cream cheese softened
- ☐ 2 eggs
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla

Equipment

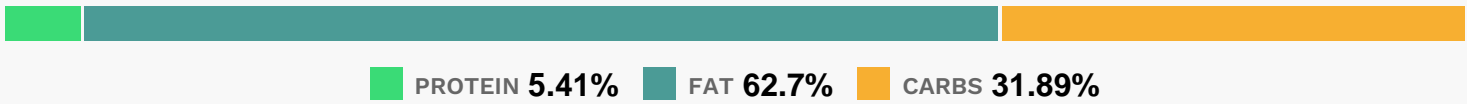
- ☐ food processor

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

Directions

- ☐ Heat oven to 350°F.
- ☐ 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:6.13, Glycemic Load:3.19, Inflammation Score:-4, Nutrition Score:5.2621739325316%

Nutrients (% of daily need)

Calories: 156.29kcal (7.81%), Fat: 11.17g (17.18%), Saturated Fat: 6.45g (40.33%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 12.26g (4.46%), Sugar: 8.25g (9.17%), Cholesterol: 42.9mg (14.3%), Sodium: 145.78mg (6.34%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.17g (4.34%), Vitamin B2: 0.21mg (12.16%), Vitamin A:

558.48IU (11.17%), Vitamin B12: 0.59µg (9.77%), Zinc: 1.4mg (9.32%), Folate: 36.87µg (9.22%), Vitamin B6: 0.18mg (9.18%), Iron: 1.59mg (8.84%), Vitamin B1: 0.13mg (8.8%), Vitamin B3: 1.69mg (8.44%), Calcium: 54.88mg (5.49%), Selenium: 3.41µg (4.87%), Phosphorus: 48.61mg (4.86%), Vitamin D: 0.41µg (2.71%), Vitamin E: 0.37mg (2.49%), Vitamin C: 2mg (2.42%), Fiber: 0.51g (2.05%), Vitamin B5: 0.2mg (2.04%), Magnesium: 7.57mg (1.89%), Manganese: 0.04mg (1.84%), Potassium: 55.95mg (1.6%)