



Butterscotch Cheesecake Bars

READY IN



45 min.

SERVINGS



18

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 6 oz butterscotch chips
- ☐ 8 oz cream cheese softened
- ☐ 1 eggs beaten
- ☐ 2 cups graham cracker crumbs
- ☐ 1 cup pecans chopped
- ☐ 14 oz condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

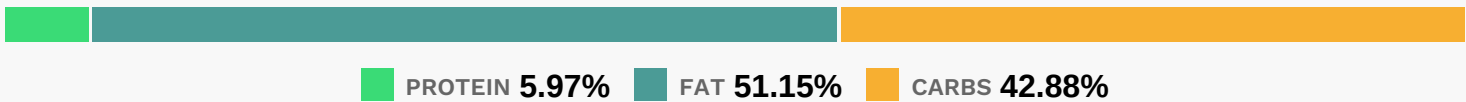
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Melt butterscotch chips and butter in a saucepan over medium-low heat; stir in cracker crumbs and pecans.
- ☐ Press half of mixture into an ungreased 13"x9" baking pan.
- ☐ Beat cream cheese in a large bowl until fluffy; stir in condensed milk.
- ☐ Add vanilla and egg; mix well and pour over crumb mixture. Top with remaining crumb mixture.
- ☐ Bake at 350 degrees for 25 to 30 minutes.
- ☐ Chill until firm; cut into bars.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:12.56, Inflammation Score:-3, Nutrition Score:4.6813043615092%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 267.52kcal (13.38%), Fat: 15.5g (23.85%), Saturated Fat: 6.71g (41.92%), Carbohydrates: 29.24g (9.75%),
Net Carbohydrates: 28.34g (10.3%), Sugar: 22.5g (25%), Cholesterol: 39.2mg (13.07%), Sodium: 196.54mg (8.55%),
Alcohol: 0.08g (100%), Alcohol %: 0.15% (100%), Protein: 4.07g (8.15%), Manganese: 0.28mg (13.82%), Phosphorus:
110.85mg (11.09%), Vitamin B2: 0.17mg (9.72%), Calcium: 89.24mg (8.92%), Selenium: 5.43µg (7.75%), Vitamin A:
359.18IU (7.18%), Vitamin B1: 0.09mg (5.76%), Zinc: 0.77mg (5.13%), Magnesium: 20.1mg (5.03%), Copper: 0.08mg
(4.15%), Potassium: 144.78mg (4.14%), Fiber: 0.9g (3.59%), Iron: 0.64mg (3.55%), Vitamin B5: 0.33mg (3.32%),
Folate: 10.46µg (2.61%), Vitamin B12: 0.15µg (2.56%), Vitamin B3: 0.49mg (2.43%), Vitamin E: 0.36mg (2.4%),
Vitamin B6: 0.04mg (2.23%)