



Caramel Apple Cheesecake Bars



Vegetarian



Popular

READY IN



60 min.

SERVINGS



9

CALORIES



360 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 teaspoon coarse salt
- ☐ 8 ounces cream cheese room temperature
- ☐ 1 large eggs
- ☐ 0.5 cup flour
- ☐ 2 granny smith apples cored peeled cut into bite sized pieces
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.5 cup heavy cream
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.5 cup old fashioned oats
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons butter unsalted room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

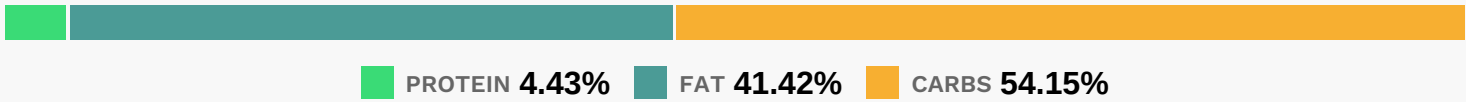
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Cut the butter into the flour, sugar, salt and cinnamon until combined and crumbly. Press the mixture into the bottom of an 8x8 inch baking dish lined with foil.
- ☐ Bake in a preheated 350F oven until lightly golden brown, about 8–12 minutes, set aside and let cool. For the cheesecake: Beat the sugar into the cream cheese until smooth. Beat in the egg followed by the vanilla extract.
- ☐ Mix the apples, cinnamon, sugar and nutmeg.
- ☐ Cut the butter into the flour, sugar, cinnamon and rolled oats until combined and crumbly.
- ☐ Sprinkle the crumbs on top of the apples.
- ☐ Heat the sugar and water in a sauce pan over medium heat and simmer it until it turns a medium amber colour.
- ☐ Remove from heat and carefully pour in the heavy cream. Return to heat and cook until smooth, stirring with a wooden spoon. Stir in the butter. Allow the sauce to cool for a few minutes and stir in the vanilla extract and salt.

Let cool and serve over the apple cheesecake bars.

Nutrition Facts



Properties

Glycemic Index:36.01, Glycemic Load:22.24, Inflammation Score:-4, Nutrition Score:5.2147826630136%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 360.49kcal (18.02%), Fat: 17.01g (26.16%), Saturated Fat: 9.98g (62.39%), Carbohydrates: 50.02g (16.67%), Net Carbohydrates: 48.34g (17.58%), Sugar: 39.73g (44.14%), Cholesterol: 67.75mg (22.58%), Sodium: 386.45mg (16.8%), Alcohol: 0.15g (100%), Alcohol %: 0.14% (100%), Protein: 4.09g (8.18%), Vitamin A: 662.74IU (13.25%), Manganese: 0.26mg (13.02%), Selenium: 8.24µg (11.77%), Vitamin B2: 0.17mg (9.75%), Phosphorus: 77.44mg (7.74%), Fiber: 1.68g (6.71%), Vitamin B1: 0.09mg (6.21%), Calcium: 54.8mg (5.48%), Folate: 21.01µg (5.25%), Iron: 0.81mg (4.51%), Potassium: 139.24mg (3.98%), Vitamin B5: 0.39mg (3.88%), Vitamin E: 0.57mg (3.78%), Magnesium: 15.03mg (3.76%), Zinc: 0.47mg (3.14%), Copper: 0.06mg (2.93%), Vitamin B6: 0.06mg (2.89%), Vitamin B3: 0.55mg (2.76%), Vitamin D: 0.37µg (2.46%), Vitamin C: 1.94mg (2.36%), Vitamin B12: 0.13µg (2.19%), Vitamin K: 2.22µg (2.12%)