



## Caramel-Pecan Cheesecake Bars

 Very Healthy

READY IN



360 min.

SERVINGS



1

CALORIES



8103 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 24 caramels kraft
- 1 cup knudsen cream sour
- 32 oz philadelphia cream cheese softened
- 4 eggs
- 3 Tbsp flour
- 1 cup planters pecan pieces divided
- 3 oz baker's semi-sweet chocolate

- 1 cup sugar
- 1 Tbsp vanilla
- 1.5 cups vanilla wafers crushed finely
- 1 Tbsp water

## Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil
- microwave

## Directions

- Heat oven to 325F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides. Reserve 1/2 cup nuts. Finely chop remaining nuts; mix with wafer crumbs and butter. Press onto bottom of prepared pan. Refrigerate until ready to use.
- Beat cream cheese and sugar in large bowl with mixer until well blended.
- Add sour cream, flour and vanilla; mix well.
- Add eggs, 1 at a time, mixing on low speed after each just until blended.
- Pour over crust.
- Bake 45 min. or until center is almost set. Cool completely.
- Microwave caramels and water in microwaveable bowl on HIGH 1 min. or until caramels are completely melted when stirred.
- Pour over cheesecake; top with reserved nuts. Melt chocolate; drizzle over cheesecake. Refrigerate 4 hours. Use foil handles to remove cheesecake from pan before cutting to serve.

## Nutrition Facts



■ PROTEIN 5.76% ■ FAT 63.04% ■ CARBS 31.2%

## Properties

Glycemic Index:374.09, Glycemic Load:377.26, Inflammation Score:-10, Nutrition Score:79.001304502073%

## Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg

## Nutrients (% of daily need)

Calories: 8103.19kcal (405.16%), Fat: 579.53g (891.59%), Saturated Fat: 282.03g (1762.66%), Carbohydrates: 645.19g (215.06%), Net Carbohydrates: 625g (227.27%), Sugar: 488.83g (543.15%), Cholesterol: 1852.24mg (617.41%), Sodium: 4798.86mg (208.65%), Alcohol: 4.47g (100%), Alcohol %: 0.26% (100%), Caffeine: 73.14mg (24.38%), Protein: 119.23g (238.47%), Vitamin A: 16189.34IU (323.79%), Manganese: 6.42mg (321.2%), Vitamin B2: 4.64mg (272.67%), Phosphorus: 2398.62mg (239.86%), Selenium: 165.56µg (236.52%), Calcium: 1691.93mg (169.19%), Vitamin B1: 2.19mg (146.18%), Copper: 2.8mg (140.11%), Vitamin B5: 11.49mg (114.91%), Magnesium: 455.94mg (113.98%), Zinc: 16.06mg (107.05%), Folate: 399.82µg (99.96%), Vitamin E: 14.99mg (99.9%), Potassium: 3370.12mg (96.29%), Vitamin B12: 5.01µg (83.58%), Fiber: 20.19g (80.74%), Iron: 13.88mg (77.1%), Vitamin B6: 1.31mg (65.44%), Vitamin B3: 9.21mg (46.06%), Vitamin K: 41.33µg (39.36%), Vitamin D: 3.52µg (23.47%), Vitamin C: 4.23mg (5.13%)