



Caramel-Pecan Cheesecake Bars

 Vegetarian

READY IN



15 min.

SERVINGS



100

CALORIES



56 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 32 ounce cream cheese softened
- ☐ 3 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups graham cracker crumbs
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon vanilla extract

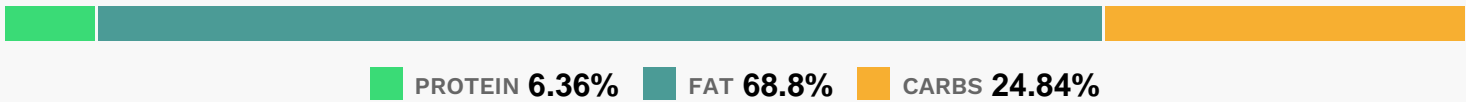
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Stir together graham cracker crumbs and butter; press into the bottom of a lightly greased 13- x 9-inch baking pan.
- ☐ Bake at 350 for 8 minutes.
- ☐ Remove from oven, and cool on a wire rack.
- ☐ Beat cream cheese at medium speed with an electric mixer until smooth.
- ☐ Combine sugar and flour; gradually add to cream cheese, beating just until blended.
- ☐ Add eggs, 1 at a time, beating until blended after each addition. Stir in vanilla.
- ☐ Pour mixture over prepared crust, spreading evenly to edges of pan.
- ☐ Bake at 350 for 40 minutes or until set.
- ☐ Remove from oven, and cool on a wire rack.
- ☐ Pour warm Quick Caramel-Pecan Frosting over cheesecake, spreading evenly to edges of pan. Cover and chill 8 hours.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:2.96, Glycemic Load:2.26, Inflammation Score:-1, Nutrition Score:0.77565217666004%

Nutrients (% of daily need)

Calories: 56.44kcal (2.82%), Fat: 4.36g (6.71%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 3.48g (1.26%), Sugar: 2.25g (2.5%), Cholesterol: 17.18mg (5.73%), Sodium: 49.02mg (2.13%), Alcohol: 0.04g (100%), Alcohol %: 0.37% (100%), Protein: 0.91g (1.81%), Vitamin A: 158.3IU (3.17%), Vitamin B2: 0.03mg

(2.01%), Selenium: 1.37µg (1.95%), Phosphorus: 16.69mg (1.67%), Calcium: 11.32mg (1.13%)