



Carrot Cheesecake Bars

READY IN



375 min.

SERVINGS



15

CALORIES



329 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 0.8 cup carrots shredded finely (2)
- 0.8 cup knudsen cream sour
- 24 oz philadelphia cream cheese softened
- 3 eggs
- 1.5 cups graham cracker crumbs
- 1.5 tsp ground cinnamon divided
- 1 cup sugar divided
- 1 tsp vanilla

1.5 cups cool whip whipped topping thawed

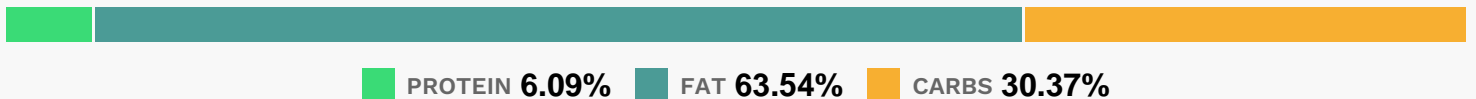
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 325F.
- Mix graham crumbs, 1/4 cup sugar, butter and 1/2 tsp. cinnamon; press onto bottom of 13x9-inch pan.
- Bake 10 min.
- Beat cream cheese, vanilla, remaining sugar and cinnamon in large bowl with mixer until blended.
- Add sour cream; mix well.
- Add eggs, 1 at a time, beating on low speed after each just until blended. Stir in carrots; spread over crust.
- Bake 45 to 50 min. or until center is almost set. Cool completely. Refrigerate 4 hours.
- Serve topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:18.19, Glycemic Load:14.72, Inflammation Score:-8, Nutrition Score:5.5704348190971%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 329.06kcal (16.45%), Fat: 23.62g (36.34%), Saturated Fat: 13.53g (84.54%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 24.81g (9.02%), Sugar: 19.49g (21.65%), Cholesterol: 93.62mg (31.21%), Sodium: 248.17mg (10.79%), Alcohol: 0.1g (100%), Alcohol %: 0.12% (100%), Protein: 5.09g (10.19%), Vitamin A: 1898.39IU (37.97%), Vitamin B2: 0.2mg (11.69%), Selenium: 7.34µg (10.49%), Phosphorus: 100.55mg (10.05%), Calcium: 78.29mg (7.83%), Vitamin E: 0.7mg (4.66%), Vitamin B5: 0.45mg (4.55%), Zinc: 0.57mg (3.83%), Potassium: 132.03mg (3.77%), Vitamin B12: 0.22µg (3.73%), Folate: 14.34µg (3.59%), Iron: 0.62mg (3.42%), Manganese: 0.06mg (3.22%), Vitamin B6: 0.06mg (3.22%), Magnesium: 12.8mg (3.2%), Vitamin B1: 0.04mg (2.76%), Vitamin K: 2.58µg (2.46%), Fiber: 0.6g (2.41%), Vitamin B3: 0.45mg (2.26%), Copper: 0.02mg (1.24%), Vitamin D: 0.18µg (1.17%)