



Cheese Squares with Jelly

READY IN



160 min.

SERVINGS



12

CALORIES



205 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 cup brown sugar
- 0.5 cup butter
- 1.8 cups flour all-purpose
- 4 tablespoons any flavor fruit jam
- 0.3 pound processed cheese food
- 0.5 teaspoon salt

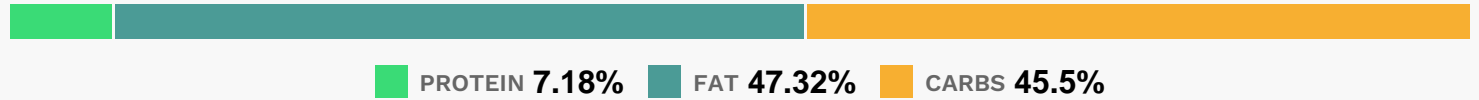
Equipment

- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- In a mixing bowl, combine the processed cheese food, butter, brown sugar, flour, baking powder and salt. Set aside 1/4 of the mixture.
- In a greased 8x8 inch baking pan, place the remaining mixture. Cover the mixture with jam. Crumble the reserved 1/4 mixture over the layer of jam.
- Bake for 25 minutes.
- Place the baked mixture in the refrigerator for 2 hours or until chilled.
- Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:24.92, Glycemic Load:12.77, Inflammation Score:-3, Nutrition Score:4.5282608555711%

Nutrients (% of daily need)

Calories: 205.44kcal (10.27%), Fat: 10.86g (16.7%), Saturated Fat: 6.6g (41.23%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 22.93g (8.34%), Sugar: 7.95g (8.83%), Cholesterol: 29.79mg (9.93%), Sodium: 372.4mg (16.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Calcium: 138.33mg (13.83%), Selenium: 8.37µg (11.96%), Vitamin B1: 0.15mg (9.74%), Phosphorus: 94.94mg (9.49%), Folate: 35.18µg (8.79%), Vitamin B2: 0.12mg (7.09%), Manganese: 0.13mg (6.71%), Vitamin A: 325.66IU (6.51%), Iron: 1.03mg (5.71%), Vitamin B3: 1.09mg (5.47%), Vitamin B12: 0.16µg (2.63%), Zinc: 0.38mg (2.51%), Fiber: 0.57g (2.27%), Vitamin E: 0.31mg (2.09%), Copper: 0.04mg (1.98%), Magnesium: 7.47mg (1.87%), Vitamin B5: 0.14mg (1.36%), Potassium: 45.6mg (1.3%)