

Cheesecake Bars

 Vegetarian

READY IN



60 min.

SERVINGS



36

CALORIES



72 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter softened
- 8 ounces cream cheese
- 1 eggs
- 1 cup flour all-purpose sifted
- 1 tablespoon juice of lemon
- 2 tablespoons milk
- 0.5 teaspoon vanilla extract

- 0.3 cup walnuts chopped
- 0.3 cup sugar white

Equipment

- frying pan
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F(175 degrees C).
- To make Pastry: Cream together the butter and brown sugar until light and fluffy.
- Add in the flour and chopped nuts and stir until mixture becomes crumbly. Set aside 1/4 cup to use as a topping.
- Press pastry mixture into 8-inch square pan and bake for 12 to 15 minutes.
- Let cool on rack.
- To make Filling: Beat together the white sugar, and cream cheese until smooth. Stir in the egg, milk, lemon juice, and vanilla and mix well.
- Spread filling mixture over baked crust.
- Sprinkle reserved mixture on as a topping.
- Bake for 25 to 30 minutes.
- Let cool on wire rack and refrigerate.
- Serve with fruit.

Nutrition Facts



PROTEIN 6.04% **FAT 58.09%** **CARBS 35.87%**

Properties

Glycemic Index:7.78, Glycemic Load:3.01, Inflammation Score:-1, Nutrition Score:1.2808695817771%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 72.43kcal (3.62%), Fat: 4.76g (7.32%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 6.44g (2.34%), Sugar: 3.7g (4.11%), Cholesterol: 15.53mg (5.18%), Sodium: 36.03mg (1.57%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 1.11g (2.23%), Selenium: 2.22µg (3.17%), Manganese: 0.06mg (3.16%), Vitamin A: 145.32IU (2.91%), Vitamin B2: 0.04mg (2.42%), Vitamin B1: 0.03mg (2.24%), Folate: 8.72µg (2.18%), Phosphorus: 18.12mg (1.81%), Iron: 0.24mg (1.32%), Copper: 0.03mg (1.27%), Calcium: 11.64mg (1.16%), Vitamin B3: 0.23mg (1.14%)