



Cheesecake Bars

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



512 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar packed
- 0.7 cup butter at room temperature
- 16 oz cream cheese at room temperature
- 2 large eggs
- 2 cups flour all-purpose
- 1 cup granulated sugar
- 4 teaspoons juice of lemon
- 0.5 teaspoon lemon zest grated

- 0.3 cup milk
- 1 teaspoon vanilla
- 1 cup walnuts finely chopped

Equipment

- bowl
- oven
- knife
- baking pan
- hand mixer

Directions

- In a bowl, with an electric mixer on medium speed, beat butter and brown sugar until smooth. Stir in flour and walnuts. Reserve 2 cups of the dough; lightly press remaining evenly into a 9-by 13-inch baking pan.
- Bake in a 325 oven until dry to the touch, about 15 minutes.
- Let cool 10 minutes.
- In a bowl, with an electric mixer on medium speed, beat cream cheese and granulated sugar until smooth. Beat in milk, lemon peel, lemon juice, vanilla, and eggs until smooth, scraping down sides of bowl as needed.
- Pour cream cheese mixture over crust.
- Sprinkle reserved dough evenly over the top.
- Bake in a 325 oven until a knife inserted into the center comes out clean, about 35 minutes.
- Let cool completely on a rack, then cover and chill until firm, at least 2 hours, or up to 1 day (see notes).
- Cut into 12 bars.

Nutrition Facts



PROTEIN 5.58% **FAT 52.91%** **CARBS 41.51%**

Properties

Glycemic Index:23.34, Glycemic Load:23.93, Inflammation Score:-6, Nutrition Score:8.5921738717867%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 512.48kcal (25.62%), Fat: 30.8g (47.39%), Saturated Fat: 15.1g (94.4%), Carbohydrates: 54.38g (18.13%), Net Carbohydrates: 53.15g (19.33%), Sugar: 36.52g (40.58%), Cholesterol: 96.9mg (32.3%), Sodium: 219.51mg (9.54%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 7.31g (14.62%), Manganese: 0.5mg (24.75%), Selenium: 13.89µg (19.85%), Vitamin A: 878.12IU (17.56%), Vitamin B2: 0.26mg (15.16%), Vitamin B1: 0.21mg (14.19%), Folate: 55.9µg (13.98%), Phosphorus: 122.24mg (12.22%), Copper: 0.21mg (10.41%), Iron: 1.58mg (8.78%), Calcium: 78.92mg (7.89%), Vitamin B3: 1.41mg (7.07%), Magnesium: 27.06mg (6.76%), Vitamin B5: 0.55mg (5.5%), Vitamin B6: 0.11mg (5.44%), Vitamin E: 0.79mg (5.27%), Zinc: 0.78mg (5.23%), Fiber: 1.23g (4.92%), Potassium: 164.4mg (4.7%), Vitamin B12: 0.21µg (3.44%), Vitamin K: 2.04µg (1.95%), Vitamin D: 0.22µg (1.48%), Vitamin C: 0.88mg (1.07%)