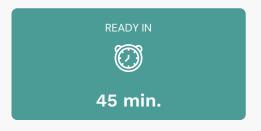


Cheesecake Bars

Vegetarian







DESSERT

Ingredients

1 cup 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 walnut pieces 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

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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 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%)