

## Cheesecake Cranberry Bars

READY IN



65 min.

SERVINGS



30

CALORIES



191 kcal

DESSERT

### Ingredients

- 3 tablespoons brown sugar
- 0.8 cup butter cold
- 2 tablespoons cornstarch
- 8 ounces cream cheese softened
- 1.5 cups flour all-purpose
- 0.3 cup juice of lemon
- 1 cup oats
- 14 ounces condensed milk sweetened canned
- 1 cup vanilla white

- 1 teaspoon vanilla extract
- 14 ounces roasted cranberry sauce canned

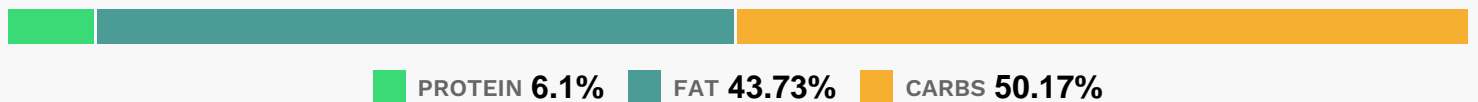
## Equipment

- bowl
- oven
- wire rack
- baking pan

## Directions

- In a large bowl, combine the flour, oats and brown sugar.
- Cut in butter until crumbly. Reserve 1 cup for the topping. Stir in chips to the remaining mixture. With floured fingers, press into a greased 13-in. x 9-in. baking pan.
- Bake at 350° for 15–18 minutes or until golden brown.
- In a large bowl, beat cream cheese until light.
- Add the milk, lemon juice and vanilla; beat until smooth.
- Pour over the crust.
- Combine the cornstarch and cranberry sauce until blended. Spoon over the cream cheese mixture.
- Sprinkle with the reserved crust mixture.
- Bake at 350° for 30 minutes or until center is set. Cool for 1 hour on a wire rack. Cover and refrigerate.

## Nutrition Facts



## Properties

Glycemic Index:9.27, Glycemic Load:8.99, Inflammation Score:-3, Nutrition Score:3.3873913158541%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## **Nutrients (% of daily need)**

Calories: 190.82kcal (9.54%), Fat: 8.63g (13.28%), Saturated Fat: 5.21g (32.58%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 21.69g (7.89%), Sugar: 13.86g (15.4%), Cholesterol: 24.33mg (8.11%), Sodium: 78.94mg (3.43%), Alcohol: 2.43g (100%), Alcohol %: 5.18% (100%), Protein: 2.71g (5.42%), Manganese: 0.19mg (9.3%), Selenium: 5.79µg (8.27%), Vitamin B2: 0.12mg (6.96%), Phosphorus: 63.28mg (6.33%), Vitamin A: 284.35IU (5.69%), Vitamin B1: 0.08mg (5.39%), Calcium: 50.78mg (5.08%), Folate: 15.16µg (3.79%), Magnesium: 14.26mg (3.57%), Iron: 0.53mg (2.92%), Potassium: 94.66mg (2.7%), Vitamin E: 0.37mg (2.44%), Vitamin B3: 0.47mg (2.37%), Fiber: 0.58g (2.32%), Zinc: 0.31mg (2.07%), Vitamin B5: 0.2mg (2.02%), Copper: 0.03mg (1.6%), Vitamin C: 1.26mg (1.53%), Vitamin B12: 0.08µg (1.41%), Vitamin B6: 0.02mg (1.09%)