



Cheesecake Swirl Bars

READY IN



45 min.

SERVINGS



1

CALORIES



5612 kcal

DESSERT

Ingredients

- 6 tablespoons butter melted
- 0.5 cup chocolate chips (with ghirardelli), or regular semisweet morsels melted
- 16 ounces cream cheese softened
- 0.3 cup eggnog refrigerated
- 2 large eggs
- 0.5 cup pecans toasted finely chopped
- 1.5 teaspoons rum extract
- 0.5 cup sugar
- 55 vanilla wafers crushed

0.5 cup chocolate chips white melted

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- hand mixer

Directions

- Combine first 3 ingredients in a large bowl, stirring until blended. Press crumb mixture into bottom of a lightly greased 8" or 9" square pan.
- Bake at 350 for 8 minutes. Cool.
- Beat cream cheese, sugar, and rum extract at medium speed with an electric mixer just until smooth.
- Add eggs, 1 at a time, beating just until blended.
- Pour 1 1/2 cups cream cheese batter evenly over baked crust.
- Stir eggnog into remaining batter. Divide batter in half; stir melted white chocolate into 1 portion. Spoon evenly over cream cheese batter. Stir melted semisweet chocolate into remaining batter. Drop spoonfuls of chocolate batter evenly over white chocolate layer; gently swirl batters with a knife.
- Bake at 350 for 30 to 33 minutes or until almost set. Cool completely on a wire rack. Cover and chill at least 1 hour before serving.
- Cut into bars.

Nutrition Facts



PROTEIN 4.73% FAT 60.94% CARBS 34.33%

Properties

Glycemic Index:309.09, Glycemic Load:298.98, Inflammation Score:-10, Nutrition Score:57.303912909135%

Flavonoids

Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg, Cyanidin: 5.85mg Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg, Delphinidin: 3.97mg Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg, Catechin: 3.95mg Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg, Epigallocatechin: 3.07mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg

Nutrients (% of daily need)

Calories: 5611.71kcal (280.59%), Fat: 387.41g (596.01%), Saturated Fat: 166.14g (1038.38%), Carbohydrates: 491.17g (163.72%), Net Carbohydrates: 481.14g (174.96%), Sugar: 333.31g (370.34%), Cholesterol: 889.79mg (296.6%), Sodium: 3801.29mg (165.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.62g (135.24%), Vitamin A: 9824.75IU (196.5%), Vitamin B2: 2.75mg (162.04%), Vitamin B1: 1.98mg (131.78%), Manganese: 2.54mg (127.24%), Phosphorus: 1219.84mg (121.98%), Selenium: 79.1µg (113%), Folate: 397.99µg (99.5%), Calcium: 886.27mg (88.63%), Vitamin E: 9.32mg (62.1%), Vitamin B5: 5.47mg (54.71%), Potassium: 1893.99mg (54.11%), Vitamin B3: 10.46mg (52.31%), Zinc: 6.99mg (46.63%), Vitamin B12: 2.76µg (46.03%), Copper: 0.88mg (43.85%), Fiber: 10.03g (40.13%), Magnesium: 144.15mg (36.04%), Vitamin B6: 0.63mg (31.41%), Iron: 4.02mg (22.34%), Vitamin K: 20.11µg (19.16%), Vitamin D: 2.76µg (18.41%), Vitamin C: 2.17mg (2.63%)