



Cherry Cheesecake Bars

READY IN



210 min.

SERVINGS



24

CALORIES



239 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 cup butter cold
- ☐ 21 oz cherry pie filling canned
- ☐ 16 oz cream cheese softened
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup sugar
- ☐ 1 pouch sugar cookie mix (1 lb 1.5 oz)
- ☐ 1 teaspoon vanilla

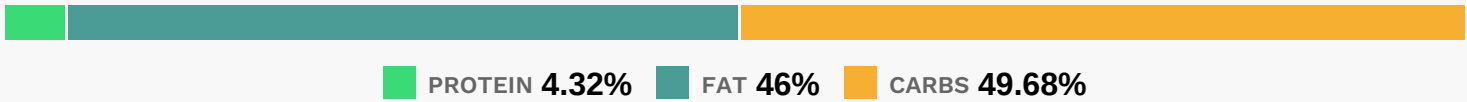
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Heat oven to 350F. Spray 13x9-inch pan with cooking spray. In large bowl, place cookie mix.
- ☐ Cut in butter, using pastry blender (or pulling 2 table knives through mix in opposite directions), until mixture looks like coarse crumbs. Reserve 1 1/2 cups of the crumb mixture for topping. Press remaining mixture in bottom of pan.
- ☐ Bake 10 minutes. Cool.
- ☐ Meanwhile, in large bowl, beat cream cheese, sugar, flour, vanilla and egg with electric mixer on medium speed until smooth.
- ☐ Spread cream cheese mixture evenly over partially baked crust. Spoon cherry pie filling evenly over cream cheese layer.
- ☐ In small bowl, mix reserved 1 1/2 cups crumb mixture and the almonds.
- ☐ Sprinkle over pie filling.
- ☐ Bake 40 to 45 minutes or until light golden brown. Cool 30 minutes. Refrigerate about 2 hours or until chilled.
- ☐ Cut into 6 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:3.55, Inflammation Score:-3, Nutrition Score:2.2130434791679%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 238.6kcal (11.93%), Fat: 12.3g (18.93%), Saturated Fat: 6.36g (39.75%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 29.57g (10.75%), Sugar: 14.55g (16.16%), Cholesterol: 36.08mg (12.03%), Sodium: 155.95mg (6.78%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 2.6g (5.2%), Vitamin A: 432.77IU (8.66%), Vitamin B2: 0.08mg (4.89%), Vitamin E: 0.62mg (4.13%), Selenium: 2.62µg (3.75%), Phosphorus: 35.54mg (3.55%), Calcium: 26.81mg (2.68%), Manganese: 0.04mg (2.2%), Folate: 8.71µg (2.18%), Vitamin B1: 0.03mg (2.1%), Copper: 0.04mg (1.95%), Potassium: 65.02mg (1.86%), Magnesium: 7.36mg (1.84%), Vitamin B5: 0.17mg (1.65%), Iron: 0.27mg (1.48%), Fiber: 0.33g (1.3%), Vitamin B6: 0.03mg (1.25%), Zinc: 0.18mg (1.2%), Vitamin B3: 0.22mg (1.11%), Vitamin B12: 0.07µg (1.1%), Vitamin C: 0.89mg (1.08%)