



Cherry Streusel Cheesecake Bars

READY IN



72 min.

SERVINGS



24

CALORIES



296 kcal

DESSERT

Ingredients

- 1 tsp almond extract
- 0.5 cup planters almonds sliced
- 2 Tbsp butter
- 21 oz cherry pie filling canned
- 24 oz philadelphia cream cheese divided softened
- 2 eggs
- 2.5 cups shortbread cookies crushed finely
- 0.5 cup sugar

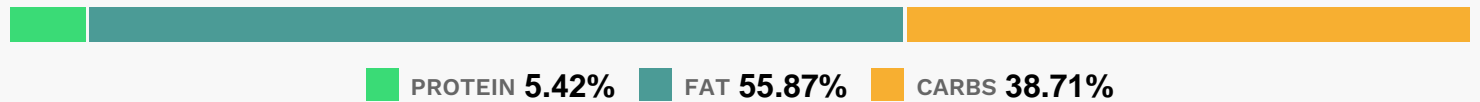
Equipment

- frying pan
- oven
- blender

Directions

- Heat oven to 350F.
- Mix cookie crumbs, butter and 4 oz. cream cheese with mixer until blended. Reserve 1-1/4 cups crumb mixture; press remaining onto bottom of 13x9-inch pan sprayed with cooking spray.
- Bake 10 min.; cool.
- Beat remaining cream cheese, sugar, eggs and extract until blended.
- Spread over crust; top with pie filling.
- Combine nuts and reserved crumb mixture; sprinkle over pie filling.
- Bake 30 to 32 min. or until edges are lightly browned.

Nutrition Facts



Properties

Glycemic Index:9.21, Glycemic Load:13.21, Inflammation Score:-4, Nutrition Score:4.6891304513682%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg 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: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 295.79kcal (14.79%), Fat: 18.5g (28.47%), Saturated Fat: 8.52g (53.27%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 28.14g (10.23%), Sugar: 10.67g (11.85%), Cholesterol: 44.82mg (14.94%), Sodium: 193.37mg (8.41%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 4.04g (8.07%), Vitamin B2: 0.19mg (10.97%), Vitamin A: 502.17IU (10.04%), Vitamin E: 1.4mg (9.35%), Manganese: 0.16mg (8.07%), Selenium: 5.31µg (7.58%), Vitamin B1: 0.11mg (7.01%), Phosphorus: 67.09mg (6.71%), Folate: 26.11µg (6.53%), Iron: 0.96mg (5.35%), Vitamin B3: 0.94mg (4.71%), Calcium: 40.99mg (4.1%), Copper: 0.07mg (3.5%), Magnesium: 13.4mg (3.35%), Vitamin K: 3.4µg (3.24%), Vitamin B5: 0.32mg (3.18%), Potassium: 104.89mg (3%), Fiber: 0.71g (2.84%), Vitamin B6: 0.05mg (2.57%), Zinc: 0.38mg (2.56%), Vitamin B12: 0.1µg (1.62%), Vitamin C: 0.89mg (1.08%)