



Chocolate Cheesecake Bars

READY IN



90 min.

SERVINGS



18

CALORIES



133 kcal

DESSERT

Ingredients

- 0.3 cup mrs richardson's butterscotch caramel sauce
- 6 ounce cream cheese softened
- 1 eggs
- 8 ounce regular crescent rolls refrigerated pillsbury® canned
- 0.5 cup semisweet chocolate chips miniature
- 3 tablespoons sugar

Equipment

- bowl

- oven
- wire rack
- glass baking pan

Directions

- Unroll dough into 2 long rectangles. Press 1 rectangle in bottom and 1/2 inch up sides of greased or sprayed 8-inch square (2-quart) glass baking dish; press perforations to seal.
- In small bowl, beat cream cheese and sugar until smooth.
- Add egg; beat on low speed just until mixed. Fold in chocolate chips; spread over crust. Top with remaining rectangle of dough. Press out to edges of dish; pinch edges to seal with bottom crust.
- Drizzle with caramel topping.
- Bake at 375 degrees F 18 to 22 minutes or until golden brown. Cool 1 hour on cooling rack.
- Cut into 3 rows by 3 rows to make 9 bars.
- Cut each bar diagonally into 2 triangles. Store covered in refrigerator.

Nutrition Facts

  
 **PROTEIN 5.18%**  **FAT 57.37%**  **CARBS 37.45%**

Properties

Glycemic Index:5.39, Glycemic Load:1.54, Inflammation Score:-1, Nutrition Score:1.7356521819273%

Nutrients (% of daily need)

Calories: 133.2kcal (6.66%), Fat: 8.72g (13.41%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 12.28g (4.47%), Sugar: 7.82g (8.69%), Cholesterol: 19.03mg (6.34%), Sodium: 143.43mg (6.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.65mg (1.88%), Protein: 1.77g (3.54%), Manganese: 0.09mg (4.52%), Copper: 0.09mg (4.28%), Iron: 0.63mg (3.49%), Phosphorus: 33.26mg (3.33%), Magnesium: 12.87mg (3.22%), Selenium: 2.17µg (3.1%), Vitamin A: 146.22IU (2.92%), Vitamin B2: 0.04mg (2.15%), Fiber: 0.53g (2.1%), Zinc: 0.25mg (1.69%), Calcium: 16.17mg (1.62%), Potassium: 55.22mg (1.58%), Vitamin B5: 0.12mg (1.16%)