



Chocolate Macadamia Cheesecake Bars

READY IN



63 min.

SERVINGS



30

CALORIES



227 kcal

DESSERT

Ingredients

- 0.5 cup firmly brown sugar packed
- 8 tablespoons butter melted (1 stick)
- 16 ounce cream cheese softened
- 3 large eggs
- 0.8 cup granulated sugar
- 0.8 cup roasted salted finely chopped
- 0.8 cups roasted salted divided finely chopped
- 0.5 cup semisweet chocolate morsels
- 0.8 cup cup heavy whipping cream sour

- 1.8 cup vanilla wafer crumbs

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- baking pan
- aluminum foil

Directions

- Preheat the oven to 300 degrees F. Line a 13 by 9-inch baking pan with heavy-duty aluminum foil, letting the edges of the foil extend over the sides of the pan.
- For the crust: In a small bowl, combine the wafer crumbs, nuts, brown sugar, and butter. Press evenly into the bottom of the prepared pan.
- Bake for 8 minutes.
- Let cool completely on a wire rack.
- For the filling: In a large bowl, beat the cream cheese and granulated sugar at medium speed with a mixer until creamy.
- Add the eggs, 1 at a time, beating well after each addition. Stir in the sour cream.
- Pour over the crust.
- Sprinkle with chocolate morsels.
- Bake until set, 40 minutes.
- Sprinkle with the remaining 1/2 cup nuts.
- Let cool completely on a wire rack.
- Cut into bars to serve. Store in the refrigerator.

Nutrition Facts



■ PROTEIN 4.65% ■ FAT 66.34% ■ CARBS 29.01%

Properties

Glycemic Index:8.14, Glycemic Load:7.29, Inflammation Score:-3, Nutrition Score:3.748695626207%

Nutrients (% of daily need)

Calories: 226.53kcal (11.33%), Fat: 17.18g (26.43%), Saturated Fat: 7.55g (47.16%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 16g (5.82%), Sugar: 12.77g (14.19%), Cholesterol: 45.53mg (15.18%), Sodium: 107.87mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Manganese: 0.32mg (16.14%), Vitamin B1: 0.11mg (7.65%), Vitamin A: 360.68IU (7.21%), Vitamin B2: 0.1mg (5.68%), Phosphorus: 54.58mg (5.46%), Selenium: 3.65µg (5.22%), Copper: 0.1mg (4.88%), Magnesium: 16.93mg (4.23%), Fiber: 0.91g (3.62%), Calcium: 34.82mg (3.48%), Iron: 0.57mg (3.19%), Folate: 10.59µg (2.65%), Vitamin B5: 0.25mg (2.51%), Potassium: 86.97mg (2.48%), Vitamin E: 0.34mg (2.3%), Zinc: 0.33mg (2.2%), Vitamin B6: 0.04mg (2.02%), Vitamin B3: 0.39mg (1.93%), Vitamin B12: 0.1µg (1.69%)