



Chocolate Mint Cheesecake Bars

READY IN



45 min.

SERVINGS



24

CALORIES



197 kcal

Ingredients

- 0.5 cup butter melted
- 14 ounce condensed milk sweetened canned
- 2 cups cookie crumbs crushed finely
- 8 ounce cream cheese softened
- 14 crème de cassis liqueur chopped thin
- 2 eggs
- 1 tablespoon peppermint extract
- 0.5 cup bittersweet chocolate
- 2 teaspoons shortening crisco®

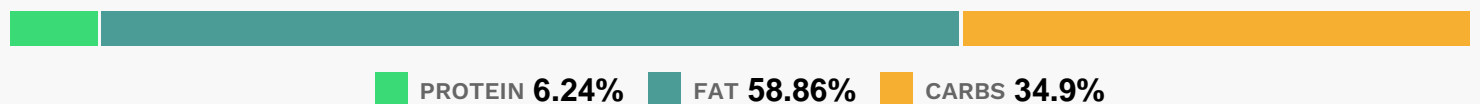
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 325 degrees F. In medium bowl, combine cookie crumbs and butter; mix well. Press crumb mixture firmly on bottom of 9-inch baking pan.
- Bake 6 minutes. Cool.
- In medium bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk, eggs and peppermint extract until smooth.
- Pour over cooled cookie base and bake for 25 to 30 minutes. Cool 20 minutes; chill.
- Just before serving, in heavy saucepan, melt chocolate chips and shortening.
- Drizzle over top of chilled cheesecake bars.
- Sprinkle chopped chocolate mint candies over the top.
- Cut into bars. Store leftovers covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:8.96, Inflammation Score:-3, Nutrition Score:3.4321739181228%

Nutrients (% of daily need)

Calories: 196.7kcal (9.84%), Fat: 12.84g (19.75%), Saturated Fat: 5.3g (33.14%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 16.73g (6.08%), Sugar: 12.81g (14.24%), Cholesterol: 29.03mg (9.68%), Sodium: 130.35mg (5.67%), Alcohol: 0.36g (100%), Alcohol %: 0.95% (100%), Caffeine: 3.14mg (1.05%), Protein: 3.06g (6.13%), Vitamin B2: 0.14mg (8.09%), Phosphorus: 75.31mg (7.53%), Selenium: 5.21µg (7.44%), Vitamin A: 369.02IU (7.38%), Calcium: 63.01mg (6.3%), Manganese: 0.09mg (4.43%), Vitamin E: 0.54mg (3.62%), Magnesium: 13.38mg (3.35%), Vitamin B1: 0.05mg (3.31%), Iron: 0.59mg (3.26%), Potassium: 109.68mg (3.13%), Copper: 0.06mg (3.03%), Folate: 11.19µg

(2.8%), Vitamin B5: 0.28mg (2.77%), Zinc: 0.39mg (2.59%), Vitamin B12: 0.14µg (2.29%), Vitamin B3: 0.35mg (1.77%),
Vitamin K: 1.71µg (1.63%), Fiber: 0.4g (1.6%), Vitamin B6: 0.03mg (1.38%)