



Cream Cheese Bar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



157 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 1 cup butter softened
- 0.5 cup cornstarch
- 8 oz cream cheese softened
- 4 eggs
- 2.3 cup flour all-purpose divided
- 16 oz powdered sugar

- 0.5 cup sugar
- 0.5 cup coconut or sweetened flaked
- 1 teaspoon vanilla extract
- 2 teaspoons vanilla extract
- 0.5 cup walnuts chopped

Equipment

- frying pan
- oven
- wire rack
- blender
- hand mixer

Directions

- Combine 2 cups flour, butter, 1/2 cup sugar and cornstarch with a pastry blender or 2 forks until mixture resembles fine crumbs. Press mixture evenly into an ungreased jelly-roll pan; bake at 350 for 18 minutes.
- Beat eggs, brown sugar, remaining 1/4 cup flour, baking powder and vanilla at medium speed with an electric mixer until well blended; stir in walnuts and coconut.
- Spread on top of crust.
- Bake at 350 for 10 minutes.
- Let cool in pan on a wire rack; spread with Cream Cheese Topping and bake 30 more minutes or until set.
- Cut into bars.
- Cream Cheese Topping: Beat first 3 ingredients at medium speed with an electric mixer until creamy; gradually add sugar, beating until blended. Makes 3 1/2 cups.

Nutrition Facts



PROTEIN 4.12% **FAT 50.11%** **CARBS 45.77%**

Properties

Glycemic Index:8, Glycemic Load:4.79, Inflammation Score:-2, Nutrition Score:2.0269565253478%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 156.58kcal (7.83%), Fat: 8.83g (13.59%), Saturated Fat: 5.03g (31.46%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 17.81g (6.48%), Sugar: 11.92g (13.25%), Cholesterol: 33.66mg (11.22%), Sodium: 73.09mg (3.18%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Protein: 1.63g (3.27%), Selenium: 3.9µg (5.57%), Vitamin A: 260.77IU (5.22%), Manganese: 0.09mg (4.67%), Vitamin B2: 0.06mg (3.73%), Folate: 14.31µg (3.58%), Vitamin B1: 0.05mg (3.55%), Phosphorus: 26.55mg (2.65%), Iron: 0.41mg (2.27%), Vitamin B3: 0.38mg (1.88%), Copper: 0.04mg (1.78%), Vitamin E: 0.26mg (1.71%), Fiber: 0.34g (1.36%), Calcium: 13.13mg (1.31%), Vitamin B5: 0.12mg (1.25%), Magnesium: 4.75mg (1.19%), Zinc: 0.16mg (1.1%)