

# Crunchy Cheesecake Bars

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



127 kcal

DESSERT

## Ingredients

- 0.3 cup brown sugar packed
- 6 tablespoons butter
- 8 ounces cream cheese softened
- 1 eggs
- 1 cup flour all-purpose
- 2 tablespoons juice of lemon
- 0.3 teaspoon lemon zest grated
- 2 tablespoons milk

- 0.8 cup nuts chopped
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract

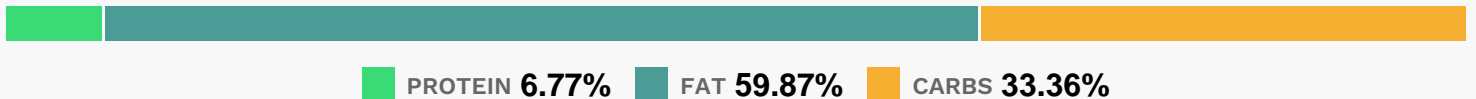
## Equipment

- bowl
- oven
- wire rack
- baking pan

## Directions

- In a medium bowl, mix flour and brown sugar.
- Cut in butter until mixture resembles fine crumbs. Set aside 1/2 cup for topping; press remaining crumbs into an ungreased 8-in. square baking pan.
- Bake at 350° for 15 minutes.
- Meanwhile, in a bowl, beat cream cheese on medium speed for 30 seconds.
- Add sugar; beat until fluffy.
- Add egg, milk, lemon peel, juice and vanilla; mix well.
- Spread over baked crust.
- Combine nuts with reserved crumbs; sprinkle over cream cheese mixture.
- Bake 20–25 minutes longer or until done. Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:12.07, Glycemic Load:4.71, Inflammation Score:-2, Nutrition Score:2.4786956608295%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 127.39kcal (6.37%), Fat: 8.68g (13.35%), Saturated Fat: 4.11g (25.67%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 10.33g (3.76%), Sugar: 5.52g (6.14%), Cholesterol: 24.04mg (8.01%), Sodium: 56.8mg (2.47%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 2.21g (4.42%), Manganese: 0.13mg (6.33%), Selenium: 3.25µg (4.64%), Vitamin A: 227.06IU (4.54%), Phosphorus: 41.27mg (4.13%), Vitamin B2: 0.07mg (4.03%), Vitamin B1: 0.05mg (3.6%), Copper: 0.07mg (3.5%), Folate: 13.88µg (3.47%), Magnesium: 12.92mg (3.23%), Vitamin B3: 0.54mg (2.68%), Iron: 0.48mg (2.64%), Fiber: 0.55g (2.21%), Zinc: 0.29mg (1.92%), Calcium: 19.17mg (1.92%), Vitamin B5: 0.17mg (1.73%), Potassium: 55.71mg (1.59%), Vitamin B6: 0.03mg (1.34%), Vitamin E: 0.19mg (1.25%)