



## Double Caramel-Pecan Cheesecake Bars

 Vegetarian

READY IN



360 min.

SERVINGS



32

CALORIES



255 kcal

DESSERT

### Ingredients

- 1 cup brown sugar packed
- 0.3 cup butter melted
- 50 caramels divided kraft
- 0.5 cup knudsen cream sour
- 32 oz philadelphia cream cheese softened
- 3 eggs
- 2 Tbsp flour
- 1.5 cups graham cracker crumbs

- 2 Tbsp granulated sugar
- 1 cup planters pecans divided coarsely chopped
- 1 Tbsp vanilla
- 2 Tbsp water divided

## Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil
- microwave

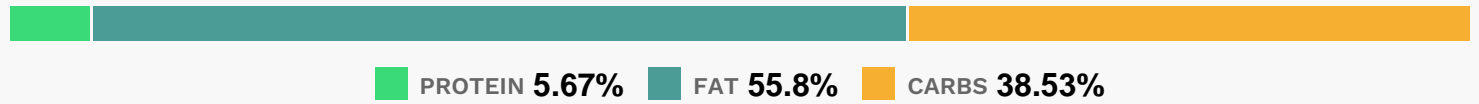
## Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides.
- Combine graham crumbs, 1/2 cup nuts, granulated sugar and butter; press onto bottom of prepared pan.
- Bake 10 min.
- Meanwhile, beat cream cheese, brown sugar and flour in large bowl with mixer until blended.
- Add sour cream and vanilla; mix well.
- Add eggs, 1 at a time, mixing on low speed after each just until blended.
- Microwave 36 caramels and 1 Tbsp. water in microwaveable bowl on HIGH 1 min. or until caramels are completely melted when stirred.
- Add to cream cheese batter; stir until blended.
- Pour over crust.
- Bake 40 min. or until center is almost set.
- Sprinkle with remaining nuts. Cool completely. Refrigerate 4 hours.

Microwave remaining caramels and remaining water in same microwaveable bowl 1 min. or until caramels are completely melted when stirred.

Drizzle over cheesecake; let stand until firm. Use foil handles to remove dessert from pan before cutting into bars to serve.

## Nutrition Facts



### Properties

Glycemic Index:11.6, Glycemic Load:11.16, Inflammation Score:-3, Nutrition Score:3.669999981704%

### Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

### Nutrients (% of daily need)

Calories: 254.6kcal (12.73%), Fat: 16.17g (24.88%), Saturated Fat: 7.77g (48.57%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 24.68g (8.97%), Sugar: 19.94g (22.15%), Cholesterol: 51.01mg (17%), Sodium: 173.65mg (7.55%), Alcohol: 0.14g (100%), Alcohol %: 0.25% (100%), Protein: 3.7g (7.4%), Vitamin A: 478.01IU (9.56%), Vitamin B2: 0.15mg (8.65%), Manganese: 0.15mg (7.71%), Phosphorus: 76.8mg (7.68%), Calcium: 66.56mg (6.66%), Selenium: 4.5µg (6.43%), Vitamin B1: 0.06mg (3.88%), Vitamin B5: 0.37mg (3.74%), Zinc: 0.5mg (3.33%), Magnesium: 12.94mg (3.24%), Potassium: 111.38mg (3.18%), Vitamin E: 0.46mg (3.05%), Copper: 0.05mg (2.71%), Vitamin B12: 0.16µg (2.61%), Iron: 0.44mg (2.45%), Vitamin B6: 0.05mg (2.34%), Folate: 8.8µg (2.2%), Fiber: 0.44g (1.77%), Vitamin B3: 0.28mg (1.39%), Vitamin K: 1.18µg (1.12%)