



Dressed-Up Cheesecake Bars

READY IN



15 min.

SERVINGS



100

CALORIES



400 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 100 servings mrs richardson's butterscotch caramel sauce hot
- 100 servings cashew pieces
- 100 servings cherries
- 100 servings topping dark
- 32 oz cream cheese softened
- 3 large eggs
- 0.3 cup flour all-purpose
- 2 cups graham cracker crumbs

- 0.8 cup sugar
- 1 tablespoon vanilla extract

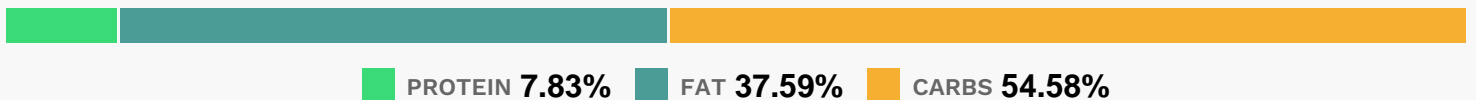
Equipment

- frying pan
- oven
- wire rack
- hand mixer

Directions

- Preheat oven to 35
- Stir together graham cracker crumbs and butter; press into bottom of a lightly greased 13- x 9-inch pan.
- Bake at 350 for 8 minutes.
- Remove from oven, and cool completely on a wire rack (about 20 minutes).
- Beat cream cheese at medium speed with an electric mixer until smooth.
- Combine sugar and flour; gradually add to cream cheese, beating just until blended.
- Add eggs, 1 at a time, beating until blended after each addition. Stir in vanilla.
- Pour mixture over prepared crust, spreading to edges of pan.
- Bake at 350 for 35 to 40 minutes or until set.
- Remove from oven, and cool on a wire rack (about 2 hours). Cover and chill 8 hours.
- Cut into bars.
- Serve with Cherries Jubilee Sauce, Dark Chocolate Sauce, Hot Caramel Sauce, and Cashew-and-Gingered-Apricot
- Sprinkles.

Nutrition Facts



Properties

Glycemic Index:3.43, Glycemic Load:8.57, Inflammation Score:-6, Nutrition Score:11.938695739793%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 400.44kcal (20.02%), Fat: 17.88g (27.51%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 58.43g (19.48%), Net Carbohydrates: 54.4g (19.78%), Sugar: 45.09g (50.1%), Cholesterol: 17.19mg (5.73%), Sodium: 192.48mg (8.37%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 8.39g (16.77%), Copper: 0.75mg (37.49%), Manganese: 0.62mg (31.11%), Magnesium: 107.57mg (26.89%), Phosphorus: 240.56mg (24.06%), Fiber: 4.02g (16.09%), Potassium: 555.89mg (15.88%), Iron: 2.64mg (14.68%), Zinc: 1.94mg (12.94%), Vitamin K: 13.47µg (12.83%), Vitamin C: 10.15mg (12.31%), Vitamin B1: 0.17mg (11.61%), Selenium: 7.88µg (11.26%), Vitamin B6: 0.2mg (10.17%), Vitamin B5: 0.68mg (6.8%), Calcium: 60.71mg (6.07%), Vitamin B2: 0.1mg (5.8%), Vitamin A: 283.92IU (5.68%), Folate: 16.84µg (4.21%), Vitamin E: 0.53mg (3.56%), Vitamin B3: 0.63mg (3.15%), Vitamin B12: 0.11µg (1.8%)