



Dulce de Leche Cheesecake Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 24 ounce cream cheese room temperature
- ☐ 0.7 cup dulce de leche
- ☐ 3 large eggs
- ☐ 24 servings fleur del sel
- ☐ 2.3 cups graham crackers whole finely (from 17 graham crackers)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 3 tablespoons cup heavy whipping cream ()
- ☐ 1 cup sugar

- ☐ 10 tablespoons butter unsalted melted ()
- ☐ 2 teaspoons vanilla extract

Equipment

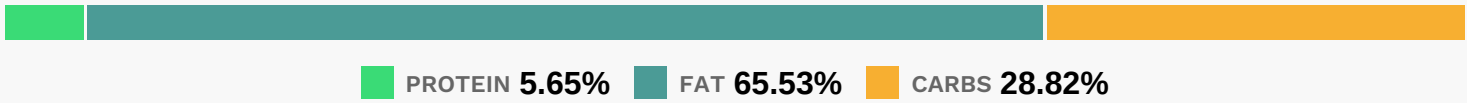
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 350°F. Coat 13 x 9 x 2-inch metal baking pan with nonstick spray.
- ☐ Mix graham cracker crumbs, sugar, and cinnamon in medium bowl.
- ☐ Add melted butter; stir until coated.
- ☐ Transfer crumb mixture to pan. Press evenly onto bottom of pan.
- ☐ Bake until crust is light golden, about 10 minutes. Cool completely on rack.
- ☐ Blend cream cheese and sugar in processor until smooth and creamy, about 1 minute, stopping occasionally to scrape down sides of bowl.
- ☐ Add eggs 1 at a time, processing 3 to 5 seconds to blend between additions.
- ☐ Add dulce de leche and vanilla; process until blended, about 10 seconds.
- ☐ Spread batter evenly over cooled crust.
- ☐ Bake until just set in center and edges are puffed and slightly cracked, about 38 minutes.
- ☐ Transfer to rack; cool completely.
- ☐ Heat dulce de leche and 3 tablespoons cream in microwave-safe bowl in 10-second intervals until melted. Stir to blend, adding more cream by teaspoonfuls if too thick to pour (amount of cream needed will depend on brand of dulce de leche).
- ☐ Pour glaze over cooled cheesecake; spread evenly. Refrigerate until chilled, about 1 hour (glaze will not be firm). DO AHEAD: Can be made 2 days ahead. Cover; chill.
- ☐ Cut cheesecake lengthwise into 4 strips, then crosswise into 6 strips, forming 24 bars.
- ☐ Sprinkle bars with fleur de sel.

- ☐
- * A thick, sweet sauce made from caramelizedsugar in milk or from sweetenedcondensedmilk; available at some supermarkets andandspecialty foods stores and at Latin markets.
- ☐
- ** A type of sea salt; available at somesupermarkets and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:9.09, Glycemic Load:10.79, Inflammation Score:-3, Nutrition Score:2.8721739265096%

Nutrients (% of daily need)

Calories: 225.23kcal (11.26%), Fat: 16.63g (25.58%), Saturated Fat: 9.48g (59.26%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 16.16g (5.88%), Sugar: 11.45g (12.72%), Cholesterol: 66.54mg (22.18%), Sodium: 348.55mg (15.15%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 3.22g (6.45%), Vitamin A: 587.88IU (11.76%), Vitamin B2: 0.12mg (7.14%), Selenium: 4.52µg (6.46%), Phosphorus: 62.27mg (6.23%), Calcium: 40.75mg (4.08%), Vitamin E: 0.46mg (3.08%), Iron: 0.5mg (2.78%), Vitamin B5: 0.27mg (2.69%), Zinc: 0.4mg (2.65%), Folate: 9.62µg (2.41%), Vitamin B12: 0.13µg (2.18%), Magnesium: 8.59mg (2.15%), Vitamin B1: 0.03mg (1.93%), Potassium: 64.95mg (1.86%), Vitamin B6: 0.04mg (1.79%), Vitamin B3: 0.35mg (1.77%), Vitamin D: 0.24µg (1.62%), Fiber: 0.3g (1.19%), Vitamin K: 1.09µg (1.04%)