



Easy Cheesecake Bars

 Vegetarian

READY IN



15 min.

SERVINGS



100

CALORIES



76 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar light packed
- 0.3 cup butter softened
- 24 oz cream cheese softened
- 3 large eggs
- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 100 servings raspberries fresh
- 0.3 cup cream sour

0.5 teaspoon vanilla extract

Equipment

frying pan

oven

wire rack

hand mixer

Directions

Preheat oven to 350

Beat first 3 ingredients at medium-low speed with an electric mixer until combined. Increase speed to medium, and beat until well blended and crumbly. Pat mixture into a lightly greased 13- x 9-inch pan.

Bake 13 to 15 minutes or until lightly browned.

Beat cream cheese at medium speed with an electric mixer until creamy. Gradually add granulated sugar, beating until well blended.

Add eggs, 1 at a time, beating at low speed just until blended after each addition.

Add sour cream and vanilla, beating just until blended.

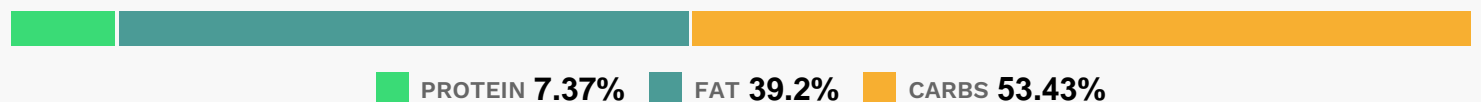
Pour over baked crust.

Bake at 350 for 25 minutes or until set. Cool completely on a wire rack (about 1 hour). Cover and chill 4 to 24 hours; cut into bars.

If desired, spoon frosting into a zip-top plastic freezer bag. (Do not seal.) Snip 1 corner of bag to make a small hole. Pipe a frosting monogram on each bar.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:2.48, Glycemic Load:2.68, Inflammation Score:-3, Nutrition Score:4.6126087003428%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 75.91kcal (3.8%), Fat: 3.5g (5.38%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 6.8g (2.47%), Sugar: 5.15g (5.73%), Cholesterol: 14.12mg (4.71%), Sodium: 28.23mg (1.23%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 1.48g (2.96%), Manganese: 0.41mg (20.62%), Vitamin C: 15.73mg (19.06%), Fiber: 3.93g (15.73%), Vitamin K: 4.88µg (4.65%), Vitamin E: 0.61mg (4.09%), Folate: 16.28µg (4.07%), Magnesium: 14.42mg (3.61%), Vitamin B2: 0.05mg (3.13%), Potassium: 105.12mg (3%), Phosphorus: 29.75mg (2.97%), Copper: 0.06mg (2.94%), Iron: 0.51mg (2.85%), Vitamin A: 138.23IU (2.76%), Vitamin B5: 0.27mg (2.69%), Calcium: 24.16mg (2.42%), Selenium: 1.64µg (2.34%), Vitamin B3: 0.44mg (2.21%), Zinc: 0.32mg (2.12%), Vitamin B1: 0.03mg (2.09%), Vitamin B6: 0.04mg (2.03%)