



Easy Cheesecake Bars

 Vegetarian

READY IN



15 min.

SERVINGS



100

CALORIES



76 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly 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 garnish: raspberries fresh
- ☐ 0.3 cup cup heavy whipping cream sour

☐ 0.5 teaspoon vanilla extract

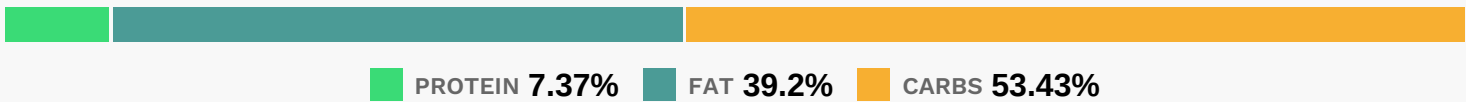
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ 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%)