



Easy Cheesecake Squares

READY IN



45 min.

SERVINGS



36

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 16 ounce crescent dinner roll dough refrigerated divided reduced-fat canned
- ☐ 1 large egg white
- ☐ 1 large egg yolk
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 16 ounce blocks softened

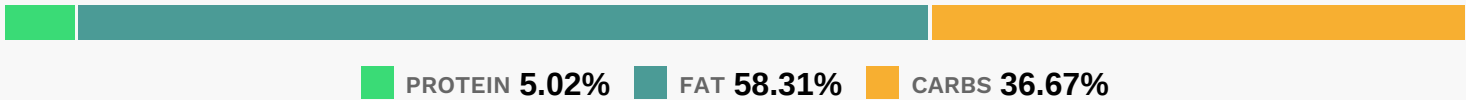
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 13- x 9-inch baking pan with cooking spray; set aside.
- ☐ Combine cream cheese and next 3 ingredients in a large bowl.
- ☐ Mix well.
- ☐ Unroll 1 can of dough, and press into bottom of pan.
- ☐ Spread the cream cheese mixture over the dough.
- ☐ Whisk egg white in a small bowl. Unroll second can of dough, and place over cream cheese mixture.
- ☐ Brush top of pastry with egg white.
- ☐ Combine sugar and cinnamon, and sprinkle over pastry.
- ☐ Bake 25 minutes, or until pastry is golden and puffed.
- ☐ Chill in refrigerator 1 hour, or until cool; cut into squares. Store up to 3 days in fridge.

Nutrition Facts



Properties

Glycemic Index:4.78, Glycemic Load:3.25, Inflammation Score:-1, Nutrition Score:0.77130434969845%

Nutrients (% of daily need)

Calories: 107.48kcal (5.37%), Fat: 7.18g (11.05%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 10.15g (3.69%), Sugar: 6.14g (6.82%), Cholesterol: 17.83mg (5.94%), Sodium: 140.28mg (6.1%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.39g (2.78%), Vitamin A: 176.11IU (3.52%), Selenium: 1.56µg (2.23%), Vitamin B2: 0.04mg (2.14%), Phosphorus: 15.49mg (1.55%), Calcium: 13.23mg (1.32%), Iron: 0.19mg (1.06%)