



Eggnog Cheesecake Bars

READY IN



65 min.

SERVINGS



16

CALORIES



323 kcal

DESSERT

Ingredients

- 3 Tbsp butter melted
- 32 oz philadelphia cream cheese softened
- 12 oz eggnog (full fat variety)
- 16 servings eggnog spice for garnish
- 4 eggs
- 1.5 cups graham cracker crumbs
- 0.3 tsp nutmeg grated
- 0.7 cup sugar
- 1 Tbsp sugar

2 tsp vanilla

Equipment

bowl

frying pan

oven

knife

baking pan

Directions

PREHEAT oven to 325F.

MIX graham cracker crumbs, butter and 1 Tablespoon sugar in a bowl. Press into the bottom of a 9x13 baking pan.

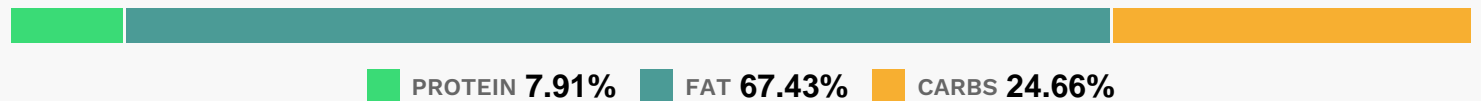
BEAT cream cheese, 2/3 cup sugar, eggnog and vanilla until well blended.

Add eggs, 1 at a time, mixing on low speed after each addition until well blended. Gently pour over crust.

BAKE for 45 minutes or until center is almost set. Run knife around the rim of a pan to loosen the sides; cool. Refrigerate for 4 hours.

WHEN ready to serve, slice into squares and sprinkle with eggnog spice or nutmeg.

Nutrition Facts



Properties

Glycemic Index:29.45, Glycemic Load:12.42, Inflammation Score:-5, Nutrition Score:5.2343478371268%

Nutrients (% of daily need)

Calories: 322.91kcal (16.15%), Fat: 24.47g (37.65%), Saturated Fat: 13.87g (86.72%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 19.86g (7.22%), Sugar: 14.92g (16.58%), Cholesterol: 117.05mg (39.02%), Sodium: 274.84mg (11.95%), Alcohol: 0.18g (100%), Alcohol %: 0.21% (100%), Protein: 6.46g (12.92%), Vitamin A: 933.3IU (18.67%), Vitamin B2: 0.25mg (14.41%), Selenium: 9.27µg (13.24%), Phosphorus: 123.36mg (12.34%), Calcium: 97.17mg (9.72%), Vitamin B5: 0.59mg (5.88%), Vitamin B12: 0.33µg (5.46%), Vitamin E: 0.71mg (4.74%), Zinc: 0.69mg (4.57%),

Potassium: 142.41mg (4.07%), Magnesium: 15.48mg (3.87%), Folate: 14.22µg (3.56%), Iron: 0.63mg (3.51%), Vitamin B6: 0.07mg (3.49%), Vitamin D: 0.49µg (3.25%), Vitamin B1: 0.04mg (2.88%), Vitamin B3: 0.38mg (1.92%), Vitamin K: 1.48µg (1.41%), Copper: 0.02mg (1.24%), Fiber: 0.27g (1.1%)