



Egnog Cheesecake Bars

READY IN



145 min.

SERVINGS



24

CALORIES



227 kcal

DESSERT

Ingredients

- 2 cups graham cracker crumbs (32 squares)
- 0.8 cup butter melted
- 0.5 cup blanched almonds and whole finely chopped
- 0.3 cup brown sugar packed
- 1 tablespoon ground cinnamon
- 16 oz cream cheese softened
- 0.3 cup granulated sugar
- 0.3 cup brown sugar packed
- 2 teaspoons nutmeg

- 0.5 cup whipping cream
- 1 teaspoon vanilla
- 2 eggs
- 0.5 cup blanched almonds and whole toasted finely chopped

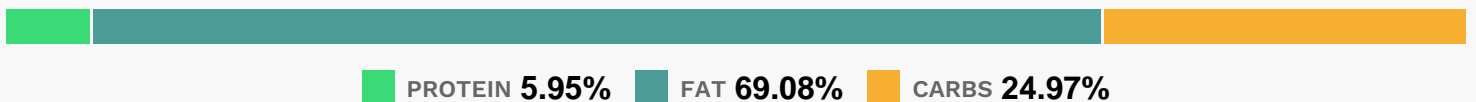
Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer

Directions

- Heat oven to 350°F. In large bowl, stir crust ingredients until well blended. Press mixture in bottom of ungreased 13x9-inch pan.
- Bake 8 minutes.
- In clean large bowl, beat cream cheese with electric mixer on medium speed until softened. Gradually beat in granulated sugar, 1/4 cup brown sugar, the nutmeg, cream and vanilla. Beat in eggs, one at a time, until creamy.
- Pour mixture over crust.
- Bake 30 to 35 minutes longer or until center is set.
- Sprinkle with 1/2 cup toasted almonds; press in slightly. Cool 1 1/2 hours. For bars, cut into 6 rows by 4 rows, using thin knife and wiping blade occasionally. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:5.54, Inflammation Score:-4, Nutrition Score:3.9939130470157%

Nutrients (% of daily need)

Calories: 227.28kcal (11.36%), Fat: 17.86g (27.47%), Saturated Fat: 6.62g (41.36%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 13.56g (4.93%), Sugar: 9.32g (10.36%), Cholesterol: 38.33mg (12.78%), Sodium: 181.28mg (7.88%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 3.46g (6.92%), Vitamin A: 601.77IU (12.04%), Vitamin E: 1.71mg (11.41%), Manganese: 0.17mg (8.26%), Vitamin B2: 0.13mg (7.46%), Phosphorus: 71.94mg (7.19%), Magnesium: 21.73mg (5.43%), Calcium: 51.1mg (5.11%), Selenium: 3.15µg (4.5%), Fiber: 0.97g (3.86%), Iron: 0.62mg (3.42%), Copper: 0.07mg (3.37%), Zinc: 0.46mg (3.04%), Potassium: 92.81mg (2.65%), Vitamin B3: 0.48mg (2.42%), Folate: 9.66µg (2.41%), Vitamin B1: 0.03mg (2.27%), Vitamin B5: 0.21mg (2.06%), Vitamin B6: 0.03mg (1.74%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.15µg (1.02%)