



## Egnog Cheesecake Bars

READY IN



145 min.

SERVINGS



24

CALORIES



219 kcal

DESSERT

### Ingredients

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

- 2 teaspoons nutmeg
- 1 teaspoon vanilla
- 0.5 cup whipping cream

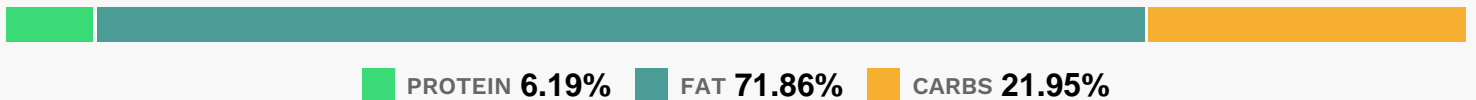
## Equipment

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

## Directions

- Heat oven to 350F. 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:3.9647825881839%

## Nutrients (% of daily need)

Calories: 218.57kcal (10.93%), Fat: 17.86g (27.47%), Saturated Fat: 6.62g (41.36%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 11.31g (4.11%), Sugar: 7.1g (7.89%), Cholesterol: 38.33mg (12.78%), Sodium: 180.64mg (7.85%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 3.46g (6.92%), Vitamin A: 601.77IU (12.04%), Vitamin E: 1.71mg (11.41%), Manganese: 0.16mg (8.19%), Vitamin B2: 0.13mg (7.46%), Phosphorus: 71.85mg (7.19%), Magnesium: 21.52mg (5.38%), Calcium: 49.2mg (4.92%), Selenium: 3.12µg (4.46%), Fiber: 0.97g (3.86%), Iron: 0.6mg (3.33%), Copper: 0.07mg (3.32%), Zinc: 0.45mg (3.03%), Potassium: 89.77mg (2.56%), Folate: 9.64µg (2.41%), Vitamin B3: 0.48mg (2.41%), Vitamin B1: 0.03mg (2.27%), Vitamin B5: 0.2mg (2.03%), Vitamin B6: 0.03mg (1.7%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.15µg (1.02%)