



Elizabeth's Egnog Cheesecake Bars

READY IN



45 min.

SERVINGS



18

CALORIES



199 kcal

DESSERT

Ingredients

- 1 serving pam original flavor shopping list for pan
- 1.5 cups graham crackers finely
- 0.8 cup sugar
- 4 tablespoons butter unsalted melted
- 1 pound cream cheese room temperature
- 2 large eggs
- 1 large egg yolk
- 0.8 cup eggnog
- 1 tablespoon flour all-purpose

- 1 tablespoon brandy
- 1 teaspoon vanilla extract pure
- 0.5 teaspoon nutmeg for dusting freshly grated plus more
- 0.3 teaspoon salt

Equipment

- oven
- wire rack
- blender
- baking pan
- roasting pan

Directions

- Preheat oven to 350 degrees. Coat a 9-inch square baking pan with cooking spray. Stir together graham crackers, 3 tablespoons sugar, and the melted butter. Press into bottom of pan.
- Bake until crust is just brown around the edges, 12 to 15 minutes.
- Let cool.
- Meanwhile, beat cream cheese with a mixer on medium speed until fluffy, about 2 minutes.
- Add the remaining 3/4 cup sugar, the eggs, yolk, eggnog, flour, brandy, vanilla, nutmeg, and salt; beat until smooth.
- Pour filling over crust. Set pan in a roasting pan, and add enough hot water to come halfway up sides of baking pan.
- Bake until just set, 40 to 45 minutes.
- Remove baking pan from water bath, and transfer to a wire rack.
- Let cool slightly, about 30 minutes. Refrigerate for at least 3 hours or overnight.
- Cut into 1 1/2-by-3-inch bars. Lightly dust tops of bars with freshly grated nutmeg just before serving.

Nutrition Facts



■ PROTEIN 6.97% ■ FAT 59.57% ■ CARBS 33.46%

Properties

Glycemic Index:21.45, Glycemic Load:10.94, Inflammation Score:-3, Nutrition Score:3.0295652047448%

Nutrients (% of daily need)

Calories: 199.1kcal (9.96%), Fat: 13.22g (20.34%), Saturated Fat: 7.36g (46%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 16.43g (5.97%), Sugar: 11.91g (13.24%), Cholesterol: 69.25mg (23.08%), Sodium: 175.38mg (7.63%), Alcohol: 0.35g (100%), Alcohol %: 0.72% (100%), Protein: 3.48g (6.96%), Vitamin A: 481.65IU (9.63%), Vitamin B2: 0.13mg (7.73%), Selenium: 5.07µg (7.24%), Phosphorus: 69.69mg (6.97%), Calcium: 49.5mg (4.95%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.18µg (2.94%), Iron: 0.51mg (2.82%), Zinc: 0.42mg (2.81%), Folate: 10.71µg (2.68%), Vitamin E: 0.39mg (2.63%), Magnesium: 9.7mg (2.43%), Vitamin B1: 0.03mg (2.27%), Vitamin D: 0.34µg (2.24%), Potassium: 74.6mg (2.13%), Vitamin B6: 0.04mg (2%), Vitamin B3: 0.35mg (1.75%), Fiber: 0.28g (1.11%)