

Cheesecake Dessert Squares

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



290 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 24 ounces cream cheese softened
- 4 eggs separated
- 24 servings fruit fresh
- 2 cups graham cracker crumbs (32 squares)
- 0.5 teaspoon ground cinnamon
- 1.5 cups sugar
- 1 teaspoon vanilla extract

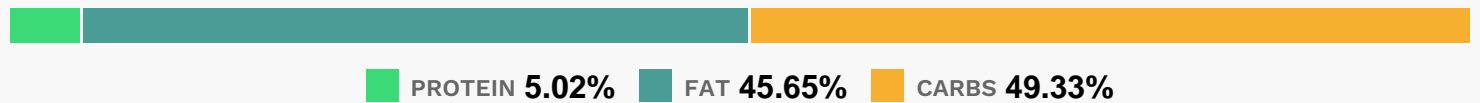
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- In a small bowl, combine the cracker crumbs, sugar and cinnamon; stir in butter. Press into a greased 15-in. x 10-in. x 1-in. baking pan.
- Bake at 350° for 5 minutes.
- In a large bowl, beat cream cheese, sugar and vanilla until smooth.
- Add egg yolks; beat on low speed just until combined.
- In a small bowl, beat egg whites until soft peaks form; fold into cream cheese mixture.
- Pour over crust.
- Bake for 28–39 minutes or until center is almost set.
- Cool on a wire rack for 30 minutes. Refrigerate overnight.
- Garnish with fruit.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:12.92, Inflammation Score:-5, Nutrition Score:4.7073913553487%

Nutrients (% of daily need)

Calories: 289.55kcal (14.48%), Fat: 15.14g (23.3%), Saturated Fat: 8.51g (53.18%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 34.66g (12.6%), Sugar: 28.53g (31.7%), Cholesterol: 66.08mg (22.03%), Sodium: 182.04mg (7.91%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 3.74g (7.49%), Vitamin A: 896.51IU (17.93%), Vitamin B2: 0.15mg (8.71%), Fiber: 2.16g (8.62%), Phosphorus: 74.39mg (7.44%), Selenium: 4.81µg (6.88%), Vitamin K: 6.41µg (6.11%), Copper: 0.1mg (5.12%), Potassium: 167.21mg (4.78%), Iron: 0.83mg (4.59%), Calcium: 44.76mg

(4.48%), Vitamin B3: 0.76mg (3.82%), Magnesium: 13.63mg (3.41%), Vitamin B5: 0.33mg (3.28%), Zinc: 0.49mg (3.23%), Vitamin C: 2.61mg (3.16%), Folate: 11.73µg (2.93%), Vitamin E: 0.43mg (2.88%), Vitamin B6: 0.05mg (2.73%), Vitamin B1: 0.04mg (2.66%), Manganese: 0.05mg (2.27%), Vitamin B12: 0.14µg (2.26%)