



Fresh Cherry Cheesecake Bars

 Vegetarian

READY IN



245 min.

SERVINGS



15

CALORIES



106 kcal

DESSERT

Ingredients

- ☐ 5 tablespoons butter chilled cut into small pieces
- ☐ 1.3 cups cherries fresh pitted chopped
- ☐ 0.5 teaspoon cornstarch
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon granulated sugar
- ☐ 0.3 cup greek yogurt plain fat-free

- ☐ 3.5 teaspoons water
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 tablespoons powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon water

Equipment

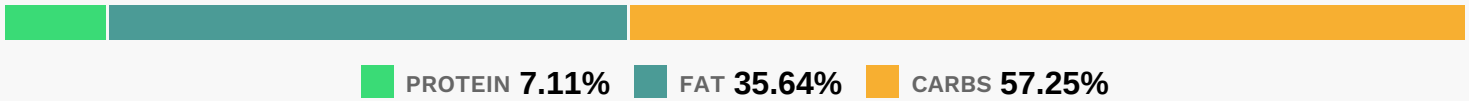
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Line an 8-inch square glass or ceramic baking dish with parchment paper. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour, powdered sugar, and salt in a food processor; pulse 2 times to combine.
- ☐ Add chilled butter, and drizzle with ice water. Pulse 10 times or until mixture resembles coarse meal.
- ☐ Pour the mixture into prepared baking dish (mixture will be crumbly). Press mixture into bottom of dish.
- ☐ Bake at 350 for 23 minutes or until lightly browned. Cool completely. Reduce oven temperature to 32

- ☐ Place cherries, 1 tablespoon granulated sugar, and 1 tablespoon water in a small saucepan. Bring to a boil. Reduce heat, and simmer 5 minutes or until cherries are tender.
- ☐ Combine lemon juice and cornstarch in a small bowl, stirring with a whisk. Stir cornstarch mixture into cherry mixture; cook for 1 minute or until thickened. Cool mixture slightly. Spoon the cherry mixture into food processor, and process until smooth. Spoon pureed mixture into a bowl, and set aside.
- ☐ Wipe food processor clean.
- ☐ Place cream cheese and remaining ingredients in food processor; process until smooth. Spoon cream cheese mixture over cooled crust; spread evenly. Dollop cherry mixture over cream cheese mixture, and swirl together with a knife.
- ☐ Bake at 325 for 36 minutes or until set. Cool on a wire rack. Cover and chill at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:19.15, Glycemic Load:8.61, Inflammation Score:-1, Nutrition Score:2.0952173730601%

Flavonoids

Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 105.72kcal (5.29%), Fat: 4.24g (6.53%), Saturated Fat: 2.53g (15.78%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 14.86g (5.4%), Sugar: 8.49g (9.43%), Cholesterol: 22.66mg (7.55%), Sodium: 56.1mg (2.44%), Alcohol: 0.05g (100%), Alcohol %: 0.14% (100%), Protein: 1.9g (3.81%), Selenium: 4.38µg (6.26%), Vitamin B1: 0.07mg (4.75%), Folate: 17.86µg (4.47%), Vitamin B2: 0.08mg (4.46%), Manganese: 0.07mg (3.35%), Vitamin A: 142.2IU (2.84%), Iron: 0.5mg (2.75%), Vitamin B3: 0.52mg (2.62%), Phosphorus: 25.25mg (2.52%), Fiber: 0.47g (1.88%),

Potassium: 47.46mg (1.36%), Vitamin B5: 0.13mg (1.31%), Vitamin C: 1.06mg (1.29%), Copper: 0.02mg (1.16%),
Vitamin B12: 0.07µg (1.15%), Calcium: 10.87mg (1.09%), Vitamin E: 0.16mg (1.05%), Magnesium: 4.16mg (1.04%)