



Fudge-Glazed Chocolate Cheesecake Bars

READY IN



200 min.

SERVINGS



24

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 2 cups chocolate wafer crumbs
- ☐ 24 oz cream cheese softened
- ☐ 3 eggs
- ☐ 0.5 cup butter melted
- ☐ 2 tablespoons butter
- ☐ 1.8 cups powdered sugar
- ☐ 0.3 cup sugar
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 2 oz baker's chocolate unsweetened

- ☐ 2 oz baker's chocolate unsweetened cooled melted
- ☐ 2 teaspoons vanilla
- ☐ 3 tablespoons water

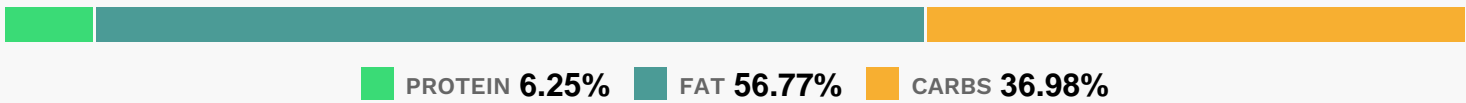
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 300F. In ungreased 13x9-inch pan, combine all crust ingredients; mix well. Press firmly in bottom of pan.
- ☐ Beat cream cheese until fluffy in large bowl.
- ☐ Add condensed milk, melted chocolate, vanilla and eggs; beat until smooth, scraping down sides of bowl frequently.
- ☐ Pour filling over crust.
- ☐ Bake at 300F. for 40 to 50 minutes or until set. Cool 30 minutes.
- ☐ In small saucepan, melt 2 oz. unsweetened chocolate and 2 tablespoons margarine over low heat, stirring until smooth.
- ☐ Remove from heat.
- ☐ Add water and powdered sugar; beat until smooth.
- ☐ Spread topping over warm cheesecake. Refrigerate 1 1/2 hours or until cold. To serve, let stand 15 minutes.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:8.65, Glycemic Load:10.57, Inflammation Score:-5, Nutrition Score:5.8473912788474%

Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 309.67kcal (15.48%), Fat: 20.26g (31.18%), Saturated Fat: 9.72g (60.72%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 28.6g (10.4%), Sugar: 24.3g (26.99%), Cholesterol: 54.9mg (18.3%), Sodium: 229.01mg (9.96%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Caffeine: 4.71mg (1.57%), Protein: 5.02g (10.05%), Manganese: 0.27mg (13.43%), Vitamin A: 666.6IU (13.33%), Phosphorus: 115.66mg (11.57%), Vitamin B2: 0.19mg (11.37%), Selenium: 7.55µg (10.79%), Copper: 0.21mg (10.44%), Calcium: 87.18mg (8.72%), Iron: 1.36mg (7.57%), Magnesium: 28.14mg (7.04%), Zinc: 0.93mg (6.18%), Potassium: 168.37mg (4.81%), Fiber: 1.1g (4.41%), Vitamin B5: 0.42mg (4.19%), Vitamin E: 0.6mg (3.98%), Vitamin B1: 0.05mg (3.34%), Vitamin B12: 0.2µg (3.31%), Folate: 12.72µg (3.18%), Vitamin B6: 0.04mg (2.02%), Vitamin B3: 0.4mg (1.99%), Vitamin K: 1.39µg (1.33%)