



Gluten-Free Chocolate Chip Cheesecake Bars

READY IN



135 min.

SERVINGS



16

CALORIES



132 kcal

DESSERT

Ingredients

- ☐ 1 container chocolate chip cookie mix gluten free refrigerated pillsbury®
- ☐ 16 oz cream cheese gluten-free softened
- ☐ 2 eggs
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla gluten-free

Equipment

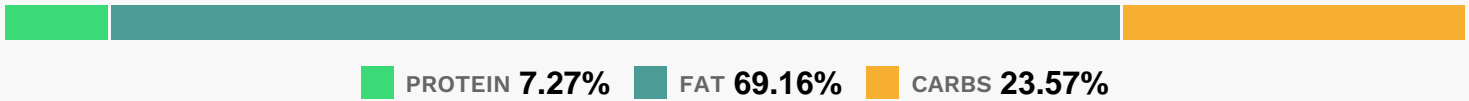
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Spoon cookie dough into bottom only of greased or sprayed 9-inch square pan; press evenly in bottom of pan.
- ☐ Bake 15 minutes. Meanwhile, in medium bowl, beat cream cheese and sugar with electric mixer on low speed about 30 seconds or until blended. Beat in vanilla and eggs, one at a time.
- ☐ Spread filling evenly over partially baked crust.
- ☐ Bake 28 to 32 minutes longer or until puffed and center is just set. Cool 30 minutes on cooling rack. Refrigerate until cold, at least 1 hour. For bars, cut into 4 rows by 4 rows.
- ☐ Drizzle each serving with chocolate syrup. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.11, Glycemic Load:4.81, Inflammation Score:-2, Nutrition Score:1.8586956486916%

Nutrients (% of daily need)

Calories: 132.19kcal (6.61%), Fat: 10.31g (15.86%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 7.9g (2.87%), Sugar: 7.38g (8.2%), Cholesterol: 49.1mg (16.37%), Sodium: 97.14mg (4.22%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Protein: 2.44g (4.88%), Vitamin A: 410.43IU (8.21%), Selenium: 4.16µg (5.95%), Vitamin B2: 0.09mg (5.4%), Phosphorus: 41.27mg (4.13%), Calcium: 30.67mg (3.07%), Vitamin B5: 0.25mg (2.46%), Vitamin E: 0.3mg (2.01%), Vitamin B12: 0.11µg (1.86%), Zinc: 0.21mg (1.43%), Potassium: 45.62mg (1.3%), Folate: 5.18µg (1.29%), Vitamin B6: 0.03mg (1.26%)