



Gluten-Free Pumpkin Streusel Cheesecake Bars

READY IN



230 min.

SERVINGS



24

CALORIES



170 kcal

DESSERT

Ingredients

- 15 oz betty crocker's cake mix gluten free yellow
- 0.5 cup pecans finely chopped
- 0.5 cup butter softened
- 16 oz cream cheese softened
- 1 cup sugar
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 tablespoon pumpkin pie spice
- 2 tablespoons whipping cream

2 eggs

Equipment

- bowl
- frying pan
- oven
- blender
- hand mixer

Directions

- Heat oven to 350°F. In medium bowl, stir together cake mix and pecans. With pastry blender or fork, cut in butter until mixture is crumbly. Reserve 1 cup mixture for topping. In bottom of ungreased 13x9-inch pan, press remaining mixture.
- Bake 10 minutes.
- In large bowl, beat cream cheese and sugar with electric mixer on medium speed until smooth.
- Add remaining ingredients; beat until well blended.
- Pour over warm crust.
- Sprinkle with reserved topping.
- Bake about 35 minutes or until center is set. Cool 30 minutes. Refrigerate about 2 hours or until chilled. For bars, cut into 6 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



PROTEIN 4.67% **FAT 65.97%** **CARBS 29.36%**

Properties

Glycemic Index:6.55, Glycemic Load:6.11, Inflammation Score:-7, Nutrition Score:3.5700000278328%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 169.88kcal (8.49%), Fat: 12.84g (19.76%), Saturated Fat: 6.81g (42.59%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 11.68g (4.25%), Sugar: 9.19g (10.21%), Cholesterol: 44.31mg (14.77%), Sodium: 118.91mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.09%), Vitamin A: 1345.63IU (26.91%), Manganese: 0.19mg (9.52%), Vitamin B2: 0.08mg (4.84%), Fiber: 1.19g (4.76%), Selenium: 3.12µg (4.46%), Phosphorus: 40.99mg (4.1%), Vitamin B5: 0.32mg (3.2%), Calcium: 29.89mg (2.99%), Vitamin E: 0.36mg (2.39%), Copper: 0.04mg (2.14%), Vitamin B6: 0.04mg (2.05%), Folate: 8.11µg (2.03%), Zinc: 0.29mg (1.93%), Magnesium: 7.21mg (1.8%), Iron: 0.32mg (1.76%), Potassium: 58.99mg (1.69%), Vitamin B1: 0.02mg (1.56%), Vitamin B12: 0.08µg (1.4%)