



Gluten-Free Raspberry Cheesecake Bars

 Vegetarian

READY IN



210 min.

SERVINGS



24

CALORIES



166 kcal

DESSERT

Ingredients

- 15 oz betty crocker's cake mix gluten free yellow
- 0.5 cup butter cold
- 16 oz cream cheese softened
- 0.5 cup granulated sugar
- 1 teaspoon vanilla
- 1 eggs
- 0.8 cup raspberry jam seedless
- 0.3 cup almonds sliced

- 0.5 cup powdered sugar
- 1 teaspoons water

Equipment

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

Directions

- Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray.
- In large bowl, place cake mix.
- Cut in butter with pastry blender or fork (or pulling 2 table knives through mixture in opposite directions) until mixture looks like coarse crumbs. Reserve 1 cup crumb mixture; press remaining crumbs in bottom of pan.
- Bake 10 minutes.
- Meanwhile, in large bowl, beat cream cheese, granulated sugar, vanilla and egg with electric mixer on medium speed until smooth.
- Spread cream cheese mixture evenly over partially baked crust. Spoon raspberry jam evenly over cream cheese mixture.
- Sprinkle reserved crumbs over top.
- Sprinkle with almonds.
- Bake 35 to 40 minutes longer or until light golden brown. Cool about 30 minutes. Refrigerate until cooled completely, about 2 hours.
- In small bowl, mix powdered sugar and enough water for desired drizzling consistency; drizzle over bars. For bars, cut into 6 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts

 **PROTEIN 4.13%**  **FAT 59.56%**  **CARBS 36.31%**

Properties

Glycemic Index:8.84, Glycemic Load:7.17, Inflammation Score:-2, Nutrition Score:1.862608693864%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 165.86kcal (8.29%), Fat: 11.17g (17.18%), Saturated Fat: 6.36g (39.72%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 15.05g (5.47%), Sugar: 12.55g (13.95%), Cholesterol: 36.08mg (12.03%), Sodium: 95.89mg (4.17%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 1.74g (3.49%), Vitamin A: 381.92IU (7.64%), Vitamin B2: 0.08mg (4.56%), Vitamin E: 0.63mg (4.21%), Selenium: 2.54µg (3.63%), Phosphorus: 33.16mg (3.32%), Calcium: 26.15mg (2.61%), Manganese: 0.04mg (1.83%), Vitamin B5: 0.15mg (1.49%), Magnesium: 5.91mg (1.48%), Copper: 0.03mg (1.46%), Potassium: 46.54mg (1.33%), Vitamin C: 0.94mg (1.13%), Zinc: 0.17mg (1.13%), Folate: 4.44µg (1.11%), Fiber: 0.28g (1.11%), Vitamin B12: 0.07µg (1.1%)