



Golden Caramel Cheesecake Bars

READY IN



320 min.

SERVINGS



20

CALORIES



241 kcal

DESSERT

Ingredients

- 2 Tbsp butter melted
- 25 caramels kraft
- 16 oz philadelphia cream cheese softened
- 1 eggs
- 24 golden oreo cookies divided
- 7 oz marshmallow crème jet-puffed
- 1 Tbsp water

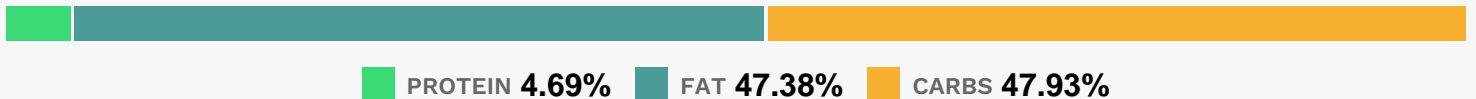
Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- blender
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Line 9-inch square pan with foil, with ends of foil extending over sides; spray with cooking spray. Process 14 cookies in food processor until finely crushed; mix with butter. Press onto bottom of prepared pan.
- Bake 10 min. or until golden brown. Cool 10 min.
- Meanwhile, microwave caramels and water in microwavable bowl on HIGH 1 min. or until caramels are completely melted, stirring every 30 sec. Coarsely chop remaining cookies.
- Beat cream cheese and marshmallow creme in large bowl with mixer until well blended.
- Add egg; mix well. Stir in chopped cookies; pour over crust. Drop spoonfuls of caramel over batter; swirl gently with knife.
- Bake 20 to 25 min. or until center is almost set. Cool completely. Refrigerate 4 hours. Use foil handles to lift cheesecake from pan before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:6.59, Inflammation Score:-2, Nutrition Score:2.6743478242146%

Nutrients (% of daily need)

Calories: 240.57kcal (12.03%), Fat: 13.06g (20.08%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 29.71g (9.9%), Net Carbohydrates: 29.49g (10.73%), Sugar: 20.81g (23.12%), Cholesterol: 35.02mg (11.67%), Sodium: 170mg (7.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.81%), Vitamin B2: 0.13mg (7.63%), Vitamin A: 357.2IU (7.14%), Phosphorus: 54.01mg (5.4%), Selenium: 3.3µg (4.71%), Calcium: 44.73mg (4.47%), Vitamin B1: 0.06mg (3.78%), Vitamin E: 0.54mg (3.59%), Vitamin B5: 0.3mg (2.99%), Folate: 10.82µg (2.7%), Manganese: 0.05mg (2.33%), Iron: 0.4mg (2.22%), Vitamin B3: 0.43mg (2.14%), Potassium: 73.17mg (2.09%), Vitamin B12: 0.11µg (1.82%), Zinc: 0.26mg (1.7%), Magnesium: 6.48mg (1.62%), Vitamin K: 1.53µg (1.45%), Vitamin B6: 0.03mg (1.3%), Copper: 0.02mg (1.22%)