



JELL-O No-Bake Chocolate Cheesecake Bars

 Gluten Free

READY IN



75 min.

SERVINGS



16

CALORIES



147 kcal

DESSERT

Ingredients

- 5 Tbsp butter melted
- 11.1 oz jell-o no bake real cheesecake dessert
- 1.5 cups milk cold
- 2 oz baker's semi-sweet chocolate divided melted
- 2 Tbsp sugar

Equipment

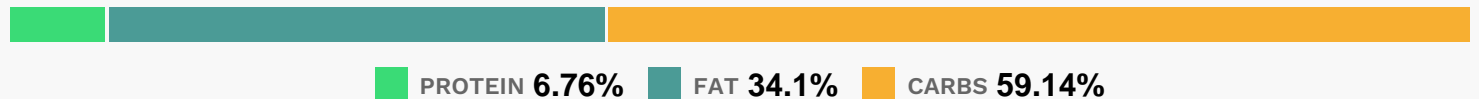
- frying pan
- blender

aluminum foil

Directions

- Line 8-inch square pan with foil, with ends of foil extending over sides.
- Mix Crust
- Mix, butter and sugar until blended; press onto bottom of prepared pan.
- Beat milk and Filling
- Mix with mixer on low speed 30 sec. Beat on medium speed 3 min. (Filling will be thick.)
- Spread crust with half the filling. Blend remaining filling with half the chocolate; spread over layer in pan.
- Drizzle with remaining chocolate.
- Refrigerate 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:1.7513043452864%

Nutrients (% of daily need)

Calories: 146.77kcal (7.34%), Fat: 5.69g (8.76%), Saturated Fat: 3.49g (21.79%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 21.94g (7.98%), Sugar: 20.82g (23.14%), Cholesterol: 12.5mg (4.17%), Sodium: 129.25mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 2.54g (5.08%), Phosphorus: 61.11mg (6.11%), Copper: 0.07mg (3.39%), Calcium: 32mg (3.2%), Selenium: 2.1µg (3%), Vitamin A: 149.72IU (2.99%), Vitamin B2: 0.04mg (2.54%), Manganese: 0.05mg (2.5%), Magnesium: 9.46mg (2.37%), Vitamin B12: 0.14µg (2.29%), Vitamin D: 0.25µg (1.68%), Potassium: 56.88mg (1.63%), Iron: 0.25mg (1.4%), Zinc: 0.19mg (1.29%), Fiber: 0.28g (1.13%), Vitamin B5: 0.1mg (1.04%)