



Key Lime Cheesecake Dessert Squares

READY IN



360 min.

SERVINGS



24

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter cold
- ☐ 17.5 oz basic cookie mix
- ☐ 24 oz cream cheese
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 3 eggs
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 0.8 cup juice of lime
- ☐ 2 teaspoons lime zest grated

- ☐ 2 tablespoons flour
- ☐ 0.8 cup cookie crumbs
- ☐ 0.8 cup coconut or
- ☐ 0.8 cup macadamia nuts chopped

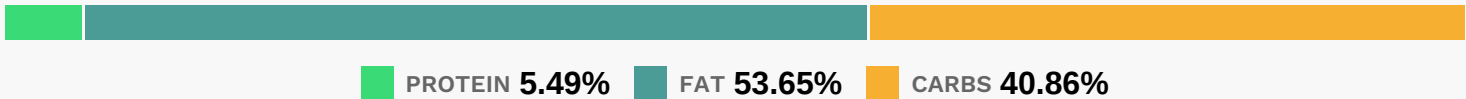
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray.
- ☐ In medium bowl, cut butter into cookie mixture using pastry blender or fork, until mixture is crumbly. Reserve 3/4 cup mixture for topping. Press remaining mixture in bottom of pan.
- ☐ Bake 10 minutes.
- ☐ Meanwhile, in large bowl, beat cream cheese, sugar, and vanilla with electric mixer on medium speed until smooth. Beat in eggs one at a time, mixing well after each addition. Stir in condensed milk, key lime juice, lime peel, and flour.
- ☐ Pour filling mixture over crust.
- ☐ In medium bowl, mix reserved cookie crumbs, coconut and macadamia nuts.
- ☐ Sprinkle evenly over top of filling.
- ☐ Bake 30 to 35 minutes or until light golden brown and mixture is set. Cool 1 hour or until completely cooled. Refrigerate at least 4 hours before serving. For bars, cut into 6 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.55, Glycemic Load:13.36, Inflammation Score:-4, Nutrition Score:5.1491304143615%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 375.85kcal (18.79%), Fat: 22.64g (34.82%), Saturated Fat: 9.41g (58.79%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 37.57g (13.66%), Sugar: 29.31g (32.57%), Cholesterol: 54.72mg (18.24%), Sodium: 196.14mg (8.53%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 5.22g (10.43%), Vitamin A: 630.3IU (12.61%), Manganese: 0.24mg (11.79%), Vitamin B2: 0.19mg (11.16%), Selenium: 7.44µg (10.63%), Phosphorus: 98.68mg (9.87%), Calcium: 84.59mg (8.46%), Vitamin B1: 0.1mg (6.63%), Fiber: 1.2g (4.81%), Potassium: 154.81mg (4.42%), Vitamin B5: 0.44mg (4.35%), Vitamin E: 0.6mg (3.98%), Magnesium: 15.11mg (3.78%), Vitamin C: 2.89mg (3.5%), Iron: 0.58mg (3.24%), Zinc: 0.48mg (3.18%), Vitamin B12: 0.19µg (3.15%), Folate: 12.56µg (3.14%), Copper: 0.06mg (3.03%), Vitamin B6: 0.05mg (2.62%), Vitamin B3: 0.41mg (2.07%), Vitamin K: 1.11µg (1.06%)