



Lemon Blueberry Cheesecake Bars

 Vegetarian

READY IN



240 min.

SERVINGS



10

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 1.5 cups blueberries fresh
- ☐ 10 servings butter for greasing
- ☐ 16 ounces cream cheese room temperature
- ☐ 2 eggs
- ☐ 9 graham crackers
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 2 lemon zest juiced
- ☐ 0.5 cup sugar

- ☐ 2 tablespoons sugar
- ☐ 0.5 stick butter unsalted melted

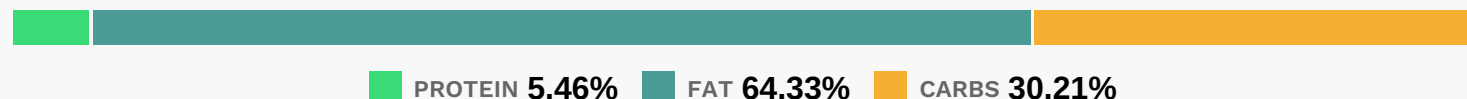
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 325 degrees F.
- ☐ Grease the bottom of a 9 by 9-inch baking pan with butter. Then place parchment paper over the top, pressing down at the corners. In a food processor, process the sugar, cinnamon and graham crackers until you have the texture of bread crumbs.
- ☐ Add the melted butter and pulse a couple of times to fully incorporate.
- ☐ Pour into the lined baking pan and gently pat down with the base of a glass.
- ☐ Bake in the oven for 12 minutes until golden. When done set aside to cool.
- ☐ Add cream cheese, eggs, lemon zest, lemon juice and sugar to the food processor and mix until well combined. It should have a smooth consistency.
- ☐ Pour onto the cooled base and then cover with blueberries. They will sink slightly but should still be half exposed -- as the cake bakes they will sink a little more and break down.
- ☐ Bake in the oven for 35 minutes or until the center only slightly jiggles.
- ☐ Remove from the oven and cool completely before refrigerating for at least 3 hours. Once set, remove from pan using the parchment lining and slice into 10 rectangular bars. Dust with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:33.62, Glycemic Load:17.2, Inflammation Score:-5, Nutrition Score:5.2678260181261%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 362.15kcal (18.11%), Fat: 26.45g (40.7%), Saturated Fat: 15.11g (94.46%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 26.85g (9.77%), Sugar: 19.28g (21.42%), Cholesterol: 101.45mg (33.82%), Sodium: 271.15mg (11.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.11%), Vitamin A: 935.5IU (18.71%), Vitamin B2: 0.19mg (11.23%), Selenium: 6.81µg (9.74%), Phosphorus: 96.79mg (9.68%), Calcium: 64.75mg (6.48%), Vitamin E: 0.86mg (5.73%), Vitamin K: 6.02µg (5.73%), Vitamin C: 3.7mg (4.49%), Iron: 0.81mg (4.48%), Fiber: 1.1g (4.41%), Vitamin B5: 0.44mg (4.37%), Manganese: 0.09mg (4.36%), Zinc: 0.63mg (4.23%), Folate: 15.82µg (3.96%), Magnesium: 14.31mg (3.58%), Vitamin B1: 0.05mg (3.48%), Vitamin B6: 0.07mg (3.35%), Potassium: 116.25mg (3.32%), Vitamin B12: 0.2µg (3.27%), Vitamin B3: 0.63mg (3.13%), Vitamin D: 0.26µg (1.74%), Copper: 0.03mg (1.69%)