



Lemon-Blueberry Cheesecake Bars

 Vegetarian

READY IN



240 min.

SERVINGS



9

CALORIES



562 kcal

DESSERT

Ingredients

- 9 graham crackers
- 2 tablespoons granulated sugar
- 1 teaspoon lemon zest grated
- 0.3 cup butter melted
- 16 oz cream cheese softened
- 2 eggs
- 2 tablespoons lemon zest grated
- 0.3 cup juice of lemon fresh

- 0.5 cup granulated sugar
- 1.5 cups blueberries fresh frozen organic thawed cascadian farm® () (from 8-oz bag)
- 1 cup brown sugar packed
- 0.8 cup flour all-purpose
- 6 tablespoons butter unsalted cold

Equipment

- food processor
- bowl
- frying pan
- paper towels
- oven
- wire rack

Directions

- Heat oven to 325°F. Spray 8- or 9-inch square pan with cooking spray.
- In food processor, place graham crackers, 2 tablespoons granulated sugar and 1 teaspoon lemon peel. Cover; process with on-and-off pulses until crumbs form.
- Add melted butter. Cover; process with 3 to 4 pulses until incorporated. Press mixture evenly in bottom of pan.
- Bake 10 minutes. Cool.
- Meanwhile, wipe food processor with paper towel.
- Add cream cheese, eggs, 2 tablespoons lemon peel, the lemon juice and 1/2 cup granulated sugar. Cover; process until smooth.
- Pour filling over crust. Top with blueberries.
- In medium bowl, mix topping ingredients with fork or fingers until crumbly.
- Sprinkle over filling.
- Bake 35 to 40 minutes or until topping is lightly browned and center is almost set (center should jiggle only slightly when moved). Cool 1 hour on cooling rack. Refrigerate about 2 hours or until chilled.

Cut into 3 rows by 3 rows. Store in refrigerator.

Nutrition Facts

PROTEIN 4.72% **FAT 51.08%** **CARBS 44.2%**

Properties

Glycemic Index:45.13, Glycemic Load:24.86, Inflammation Score:-6, Nutrition Score:7.9756521971329%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 562kcal (28.1%), Fat: 32.6g (50.15%), Saturated Fat: 18.77g (117.29%), Carbohydrates: 63.47g (21.16%), Net Carbohydrates: 61.94g (22.52%), Sugar: 45.34g (50.38%), Cholesterol: 120.9mg (40.3%), Sodium: 313.57mg (13.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.56%), Vitamin A: 1134.98IU (22.7%), Selenium: 11.44µg (16.35%), Vitamin B2: 0.27mg (15.65%), Phosphorus: 121.24mg (12.12%), Folate: 38.39µg (9.6%), Calcium: 95.14mg (9.51%), Vitamin B1: 0.14mg (9.44%), Manganese: 0.18mg (8.98%), Iron: 1.56mg (8.66%), Vitamin C: 7.02mg (8.51%), Vitamin E: 1.06mg (7.07%), Vitamin B3: 1.35mg (6.73%), Vitamin K: 6.97µg (6.64%), Fiber: 1.53g (6.14%), Vitamin B5: 0.58mg (5.77%), Zinc: 0.79mg (5.28%), Magnesium: 20.89mg (5.22%), Potassium: 180.95mg (5.17%), Vitamin B6: 0.09mg (4.63%), Vitamin B12: 0.22µg (3.74%), Copper: 0.07mg (3.29%), Vitamin D: 0.34µg (2.24%)