



Lemon-Cheesecake Bars

 Vegetarian

READY IN



575 min.

SERVINGS



8

CALORIES



323 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 cup firmly brown sugar dark packed
- 0.3 cup butter softened
- 8 servings butter crust
- 1 large eggs
- 1 egg white
- 1 cup flour all-purpose
- 2 tablespoons flour all-purpose

- 1 cup granulated sugar
- 0.3 teaspoon mace
- 3.5 tablespoons juice of lemon fresh
- 8 servings lemon rind curl
- 1 tablespoon lemon zest
- 1 cup curd cottage cheese 1% low-fat
- 0.3 teaspoon salt
- 8 servings garnish
- 8 servings garnish

Equipment

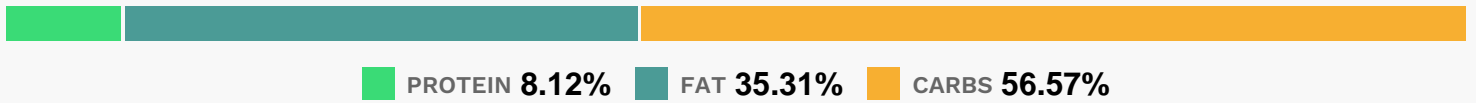
- food processor
- frying pan
- oven
- hand mixer

Directions

- Preheat oven to 350
- Prepare Crust: Beat first 4 ingredients at medium speed with an electric mixer until smooth.
- Add 1 cup flour, beating at low speed until well blended. Press mixture on bottom of an 8-inch square pan coated with cooking spray.
- Bake at 350 for 20 minutes.
- Meanwhile, prepare Filling: Process cottage cheese in a food processor 1 minute or until smooth, stopping to scrape down sides as needed.
- Add granulated sugar and next 6 ingredients, and process 30 seconds or until well blended.
- Pour filling over prepared crust.
- Bake at 350 for 25 minutes or until set. (Edges will be lightly browned.) Cool 30 minutes. Cover and chill 8 hours.
- Cut into bars.

- Garnish, if desired.
- Try This Twist!
- Reduced-Sugar Lemon-Cheesecake Bars: Substitute brown sugar sweetener for brown sugar and granular sweetener for granulated sugar.
- Note: We tested with Whey Low 100% All Natural Gold Brown Sugar Sweetener and Granular Sweetener.
- Per bar: Calories 172; Fat 9g (sat 2g, mono 2g, poly 5g); Protein 2g; Carb 8g; Fiber 5g; Chol 1mg; Iron 1mg; Sodium 259mg; Calc 70mg

Nutrition Facts



Properties

Glycemic Index:51.51, Glycemic Load:27.15, Inflammation Score:-3, Nutrition Score:5.0295651917872%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 323.22kcal (16.16%), Fat: 12.9g (19.85%), Saturated Fat: 7.85g (49.03%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 45.91g (16.7%), Sugar: 32.7g (36.33%), Cholesterol: 55.47mg (18.49%), Sodium: 311.38mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.35%), Selenium: 11.54µg (16.48%), Vitamin B2: 0.19mg (11.16%), Folate: 40.49µg (10.12%), Vitamin B1: 0.15mg (9.93%), Vitamin A: 408.02IU (8.16%), Phosphorus: 76.88mg (7.69%), Manganese: 0.13mg (6.48%), Iron: 1.06mg (5.91%), Vitamin B3: 1.1mg (5.51%), Vitamin C: 3.78mg (4.58%), Vitamin B12: 0.26µg (4.36%), Calcium: 42.26mg (4.23%), Vitamin E: 0.43mg (2.84%), Vitamin B5: 0.28mg (2.77%), Fiber: 0.61g (2.42%), Copper: 0.05mg (2.35%), Vitamin B6: 0.05mg (2.29%), Potassium: 79.48mg (2.27%), Zinc: 0.34mg (2.24%), Magnesium: 8.01mg (2%), Vitamin K: 1.11µg (1.06%)