



Lightened-Up Cheesecake Bars

 Vegetarian

READY IN



95 min.

SERVINGS



30

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 1 cup blueberries fresh ripe
- ☐ 2 large eggs plus egg whites at room temperature
- ☐ 2 tablespoons juice of lemon
- ☐ 6 oz graham crackers reduced-fat
- ☐ 24 oz neufchâtel cheese at room temperature reduced-fat (cream cheese)
- ☐ 1 cup raspberry jelly seedless
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 0.7 cup sugar
- ☐ 5 tablespoons butter unsalted melted
- ☐ 2 teaspoons vanilla extract

Equipment

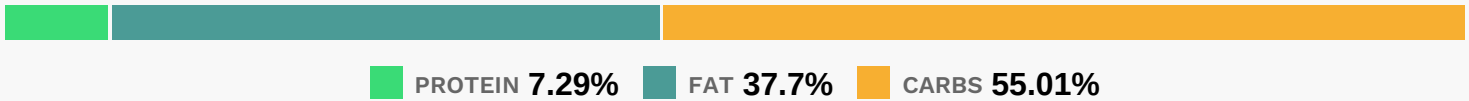
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 325F. Line a 9-by-13-inch baking pan with foil, leaving a 2-inch overhang on 2 sides. Mist foil with cooking spray.
- ☐ Make crust: Pulse graham crackers in a food processor until finely chopped.
- ☐ Add sugar and salt, and process until well combined.
- ☐ Add butter and pulse just until mixture begins to come together; it should not form a ball. Press mixture evenly over bottom of prepared pan.
- ☐ Bake for 25 minutes, or until set.
- ☐ Let cool on a wire rack.
- ☐ Make filling: With an electric mixer on medium-high speed, beat cream cheese and sugar until smooth. Scrape down sides of bowl. Reduce speed to medium-low and add eggs and egg whites, one at a time, beating until just combined. Beat in lemon juice, vanilla and salt.

- ☐ Spread cream cheese mixture evenly over crust. Tap pan on countertop 3 or 4 times to burst air bubbles in filling.
- ☐ Place pan on a large roasting pan and put in oven.
- ☐ Pour hot tap water into roasting pan until it comes up about an inch around baking pan.
- ☐ Bake for 40 minutes, or until filling is just set. Cool completely on a wire rack, then cover with foil and refrigerate for at least 6 hours or overnight.
- ☐ Use foil overhang to lift cheesecake out of pan and onto cutting board.
- ☐ Heat a large sharp knife under hot water; dry knife. Trim off edges of cheesecake. Carefully cut into 24 bars, rinsing knife under hot water and drying thoroughly between each cut.
- ☐ Transfer bars to a serving platter. Decorate each bar with blueberries in upper left corner to resemble stars on the American flag.
- ☐ Place jelly in a ziplock bag, seal bag and snip off about 1/6 inch at one bottom corner. Pipe jelly in thin lines on each bar to resemble stripes on flag. Or decorate with a variety of fresh berries.
- ☐ Serve immediately, or keep covered in the refrigerator for up to 3 days and decorate before serving.

Nutrition Facts



Properties

Glycemic Index:7.84, Glycemic Load:7.29, Inflammation Score:-1, Nutrition Score:1.6508695547995%

Flavonoids

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Nutrients (% of daily need)

Calories: 133.49kcal (6.67%), Fat: 5.68g (8.75%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 18.46g (6.71%), Sugar: 13.07g (14.52%), Cholesterol: 17.26mg (5.75%), Sodium: 142mg (6.17%), Alcohol: 0.09g (100%), Alcohol %: 0.22% (100%), Protein: 2.47g (4.95%), Phosphorus: 37.47mg (3.75%), Vitamin A: 186.23IU (3.72%), Vitamin B2: 0.06mg (3.63%), Calcium: 36.23mg (3.62%), Vitamin B12: 0.21µg (3.58%), Selenium: 1.56µg (2.23%), Vitamin B5: 0.21mg (2.07%), Potassium: 71.26mg (2.04%), Vitamin C: 1.52mg (1.85%), Folate: 5.78µg (1.45%), Vitamin K: 1.36µg (1.3%), Manganese: 0.02mg (1.17%), Vitamin E: 0.15mg (1.03%)