

# **Lightened-Up Cheesecake Bars**

DY IN SERVINGS

SERVINGS

30

calories

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DESSERT

## **Ingredients**

95 min.

	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)

0.3 teaspoon salt

1 cup raspberry jelly seedless

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		
Diı	rections		
	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		
	PROTEIN 7.29% FAT 37.7% CARBS 55.01%	

### **Properties**

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

#### **Flavonoids**

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin:

Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

#### **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%)