



Lime in the Coconut" Frosted Cheesecake Bars

READY IN



230 min.

SERVINGS



24

CALORIES



337 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter softened
- 1.3 cups coconut or toasted
- 16 oz cream cheese softened
- 12 oz cream cheese frosting
- 16 oz cream of coconut canned (not coconut milk)
- 1 eggs slightly beaten
- 2 eggs
- 2 tablespoons flour all-purpose

- 3 tablespoons juice of lime
- 2 teaspoons lime zest grated
- 1 pouch sugar cookie mix (1 lb 1.5 oz)
- 1 teaspoon vanilla

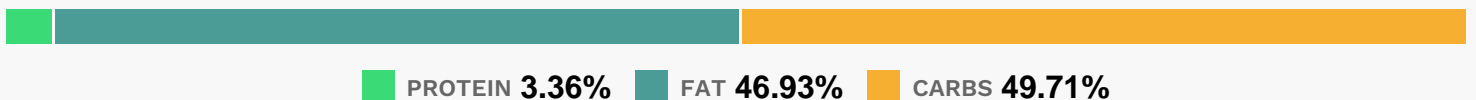
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 350F. Spray bottom and sides of 13x9-inch pan with cooking spray. In large bowl, stir cookie base ingredients until soft dough forms. Press evenly in bottom of pan.
- Bake 15 to 18 minutes or until golden brown. Cool 15 minutes.
- Meanwhile, in large bowl, beat cream cheese with electric mixer on medium speed until light and fluffy. Beat in cream of coconut until well blended. Beat in lime juice, vanilla and 2 eggs until smooth.
- Spread over cookie base.
- Bake 40 to 45 minutes or until set and light golden brown on edges. Cool 30 minutes at room temperature. Refrigerate 1 hour to cool completely.
- Carefully spread frosting over filling.
- Sprinkle with coconut and lime peel. Cover; refrigerate 30 minutes. For bars, cut into 6 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.66, Inflammation Score:-2, Nutrition Score:2.3669565177482%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 336.57kcal (16.83%), Fat: 17.68g (27.21%), Saturated Fat: 9.23g (57.71%), Carbohydrates: 42.16g (14.05%), Net Carbohydrates: 41.12g (14.95%), Sugar: 32.24g (35.83%), Cholesterol: 39.55mg (13.18%), Sodium: 193.36mg (8.41%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 2.85g (5.7%), Vitamin A: 397.32IU (7.95%), Selenium: 4.02µg (5.74%), Vitamin B2: 0.08mg (4.83%), Fiber: 1.03g (4.13%), Phosphorus: 37.95mg (3.79%), Manganese: 0.07mg (3.65%), Folate: 10.05µg (2.51%), Calcium: 23.8mg (2.38%), Vitamin E: 0.33mg (2.22%), Vitamin B5: 0.21mg (2.13%), Iron: 0.35mg (1.93%), Vitamin B1: 0.03mg (1.83%), Potassium: 56.94mg (1.63%), Vitamin B12: 0.09µg (1.56%), Copper: 0.03mg (1.5%), Zinc: 0.22mg (1.47%), Vitamin B6: 0.02mg (1.18%), Magnesium: 4.39mg (1.1%)