



Mocha-Chip Cheesecake Bars

READY IN



30 min.

SERVINGS



48

CALORIES



175 kcal

DESSERT

Ingredients

- 2.5 cups flour all-purpose
- 2 cups rolled oats
- 1 cup brown sugar packed
- 1 cup butter softened
- 1 teaspoon coffee dry instant ()
- 0.5 teaspoon salt
- 0.5 teaspoon baking soda
- 24 ounces cream cheese softened
- 0.8 cup granulated sugar

- 1 tablespoon cocoa powder
- 1 teaspoon coffee dry instant ()
- 3 eggs
- 0.8 cup semisweet chocolate chips miniature

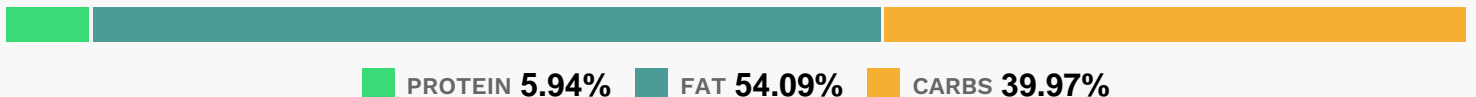
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 350°. Grease bottom and sides of jelly roll pan, 15 1/2x10 1/2x1 inch, with shortening or spray with cooking spray. Beat flour, oats, brown sugar, butter, 1 teaspoon coffee (dry), the salt and baking soda in large bowl with electric mixer on medium speed, or mix with spoon, until crumbly. Press about 4 cups of the mixture in pan; reserve remaining crumb mixture.
- Beat remaining ingredients except chocolate chips in large bowl with electric mixer on medium speed until blended. Stir in 1/2 cup of the chocolate chips.
- Spread over crust. Stir remaining 1/4 cup chocolate chips into remaining crumb mixture.
- Sprinkle over cream cheese mixture; press lightly.
- Bake 32 to 40 minutes or until center is set and topping is light golden brown. Cool 30 minutes. Refrigerate at least 3 hours until chilled. For bars, cut into 8 rows by 6 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:6.77, Inflammation Score:-3, Nutrition Score:3.4378260637269%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 175.29kcal (8.76%), Fat: 10.67g (16.41%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 16.89g (6.14%), Sugar: 9.52g (10.58%), Cholesterol: 24.77mg (8.26%), Sodium: 130.69mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.73mg (1.58%), Protein: 2.64g (5.27%), Manganese: 0.23mg (11.31%), Selenium: 5.65µg (8.07%), Vitamin A: 376.23IU (7.52%), Phosphorus: 53.27mg (5.33%), Vitamin B2: 0.09mg (5.12%), Vitamin B1: 0.07mg (4.85%), Iron: 0.79mg (4.41%), Copper: 0.08mg (3.98%), Folate: 15.69µg (3.92%), Magnesium: 15.42mg (3.85%), Fiber: 0.85g (3.41%), Calcium: 25.78mg (2.58%), Zinc: 0.38mg (2.55%), Vitamin B3: 0.49mg (2.44%), Vitamin E: 0.34mg (2.25%), Vitamin B5: 0.21mg (2.11%), Potassium: 73.87mg (2.11%), Vitamin B6: 0.02mg (1.13%), Vitamin B12: 0.07µg (1.12%)