



Mocha-Chip Cheesecake Bars

READY IN



30 min.

SERVINGS



48

CALORIES



175 kcal

DESSERT

Ingredients

- 1 tablespoon cocoa powder
- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter softened
- 24 ounces cream cheese softened
- 3 eggs
- 2.5 cups flour all-purpose
- 0.8 cup granulated sugar
- 1 teaspoon coffee dry instant ()

- 2 cups rolled oats
- 0.5 teaspoon salt
- 0.8 cup semisweet chocolate chips miniature

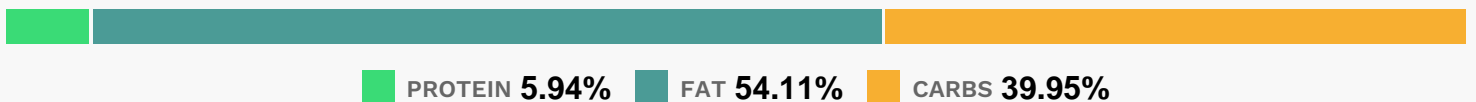
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 35
- 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:3.4330434595923%

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: 175.21kcal (8.76%), Fat: 10.67g (16.41%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 16.87g (6.14%), Sugar: 9.52g (10.58%), Cholesterol: 24.77mg (8.26%), Sodium: 130.68mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.07mg (1.36%), Protein: 2.63g (5.27%), Manganese: 0.23mg (11.29%), Selenium: 5.65µg (8.07%), Vitamin A: 376.23IU (7.52%), Phosphorus: 53.2mg (5.32%), Vitamin B2: 0.09mg (5.12%), Vitamin B1: 0.07mg (4.85%), Iron: 0.79mg (4.4%), Copper: 0.08mg (3.98%), Folate: 15.69µg (3.92%), Magnesium: 15.35mg (3.84%), Fiber: 0.85g (3.41%), Calcium: 25.75mg (2.57%), Zinc: 0.38mg (2.55%), Vitamin B3: 0.48mg (2.41%), Vitamin E: 0.34mg (2.25%), Vitamin B5: 0.21mg (2.11%), Potassium: 73.13mg (2.09%), Vitamin B6: 0.02mg (1.13%), Vitamin B12: 0.07µg (1.12%)