



Neapolitan Cream Cheese Bars

 Popular

READY IN



215 min.

SERVINGS



36

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 pouch basic cookie mix chunk (1 lb 1.5 oz)
- ☐ 16 oz cream cheese softened
- ☐ 3 eggs
- ☐ 12 oz fluffy frosting
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla

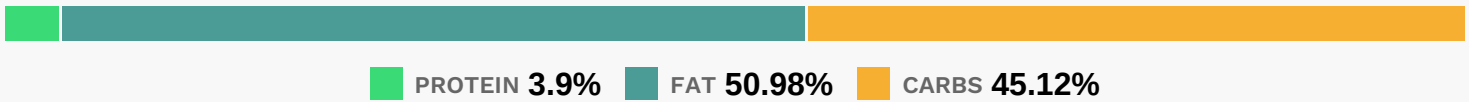
Equipment

- ☐ 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 mix, melted butter and 1 egg until soft dough forms. Press dough in bottom of pan.
- ☐ Bake 10 minutes. Cool 10 minutes.
- ☐ Meanwhile, in large bowl, beat cream cheese, sugar, vanilla and the remaining 2 eggs with electric mixer on medium speed until smooth.
- ☐ Spread over cookie base.
- ☐ Bake 30 to 35 minutes or until set. Cool 30 minutes.
- ☐ Spread frosting over cream cheese layer. Refrigerate about 2 hours or until chilled. For bars, cut into 6 rows by 6 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:4.89, Inflammation Score:-2, Nutrition Score:1.3982608484347%

Nutrients (% of daily need)

Calories: 182.46kcal (9.12%), Fat: 10.26g (15.78%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 20.08g (7.3%), Sugar: 15.73g (17.47%), Cholesterol: 26.37mg (8.79%), Sodium: 106.39mg (4.63%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 1.76g (3.53%), Vitamin A: 301.79IU (6.04%), Vitamin B2: 0.08mg (4.7%), Selenium: 2.24µg (3.19%), Vitamin E: 0.39mg (2.59%), Phosphorus: 23.17mg (2.32%), Calcium: 15.54mg (1.55%), Vitamin K: 1.5µg (1.43%), Fiber: 0.35g (1.4%), Vitamin B5: 0.14mg (1.36%), Vitamin B12: 0.06µg (1.06%)