



## PB and J Cheesecake Bars

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



156 kcal

DESSERT

### Ingredients

- 2 tablespoons butter melted
- 8 ounce block
- 0.3 cup creamy peanut butter
- 1 large eggs
- 0.3 cup blackberry fruit spread seedless
- 0.3 cup sugar
- 1 teaspoon sugar
- 1 teaspoon vanilla extract

- 1 vanilla wafer crushed reduced-fat
- 15 vanilla wafers crushed reduced-fat

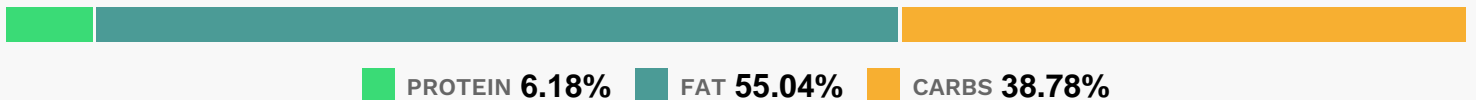
## Equipment

- oven
- blender
- baking pan

## Directions

- Preheat oven to 35
- Combine first 3 ingredients; press into bottom of an 8-inch square baking pan coated with cooking spray.
- Bake at 350 for 6 minutes.
- Beat cream cheese and peanut butter with a mixer at medium speed until creamy.
- Add sugar and egg, beating well. Stir in vanilla.
- Spread blackberry spread evenly over crust.
- Pour cream cheese mixture over fruit spread; sprinkle with remaining crushed vanilla wafer.
- Bake at 350 for 14 minutes or until almost set. Cool 30 minutes. Cover and chill 1 1/2 hours.

## Nutrition Facts



## Properties

Glycemic Index:27.51, Glycemic Load:9.35, Inflammation Score:-2, Nutrition Score:2.1856521704923%

## Nutrients (% of daily need)

Calories: 155.83kcal (7.79%), Fat: 9.72g (14.95%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 15.4g (5.13%), Net Carbohydrates: 15.05g (5.47%), Sugar: 10.74g (11.93%), Cholesterol: 29.76mg (9.92%), Sodium: 103.95mg (4.52%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Protein: 2.45g (4.91%), Vitamin A: 250.97IU (5.02%), Vitamin B2: 0.08mg (4.44%), Phosphorus: 39.32mg (3.93%), Vitamin E: 0.57mg (3.81%), Selenium: 2.53µg (3.61%), Vitamin B3: 0.71mg (3.56%), Manganese: 0.07mg (3.26%), Folate: 12.32µg (3.08%), Vitamin B1: 0.04mg (2.43%), Magnesium: 8.81mg (2.2%), Calcium: 19.38mg (1.94%), Vitamin B5: 0.17mg (1.75%), Potassium: 57.13mg (1.63%), Vitamin B6:

0.03mg (1.63%), Zinc: 0.22mg (1.47%), Copper: 0.03mg (1.47%), Fiber: 0.36g (1.42%), Vitamin B12: 0.06µg (1.03%)