



Peanut Butter-Chocolate Cheesecake Squares

READY IN



45 min.

SERVINGS



16

CALORIES



150 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 8 ounce cream cheese fat-free block-style
- ☐ 0.5 cup creamy peanut butter reduced-fat
- ☐ 1 large eggs
- ☐ 1 tablespoon milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup fudge topping fat-free hot
- ☐ 2 tablespoons butter light chilled
- ☐ 0.5 cup sugar

- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ microwave

Directions

- ☐ Preheat oven to 350
- ☐ Combine flour and brown sugar; stir well.
- ☐ Cut in small pieces of butter with a pastry blender or 2 knives until mixture resembles coarse meal. Press mixture firmly into bottom of an 8-inch square pan coated with cooking spray.
- ☐ Bake at 350 for 8 minutes.
- ☐ Remove from oven.
- ☐ Place fudge topping in a small microwave-safe bowl. Microwave at HIGH 1 minute or until thoroughly heated, stirring after 30 seconds.
- ☐ Beat cream cheese at medium speed of a mixer until smooth. Gradually add sugar, beating well.
- ☐ Add egg and next 3 ingredients, beating well.
- ☐ Pour batter over prepared crust.
- ☐ Drizzle fudge topping over batter. Using the tip of a knife, swirl fudge into batter.
- ☐ Bake at 350 for 20 minutes or until set.
- ☐ Let cool completely in pan on wire rack.

Nutrition Facts



 PROTEIN **13.66%**  FAT **37.68%**  CARBS **48.66%**

Properties

Glycemic Index:12.02, Glycemic Load:6.01, Inflammation Score:-2, Nutrition Score:3.970000013871%

Nutrients (% of daily need)

Calories: 149.75kcal (7.49%), Fat: 6.41g (9.87%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 17.92g (6.52%), Sugar: 12.72g (14.13%), Cholesterol: 15.3mg (5.1%), Sodium: 172.97mg (7.52%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 5.23g (10.46%), Phosphorus: 121.35mg (12.14%), Manganese: 0.18mg (8.81%), Vitamin E: 1.05mg (6.99%), Vitamin B3: 1.29mg (6.44%), Calcium: 63.91mg (6.39%), Magnesium: 22.62mg (5.65%), Vitamin B2: 0.09mg (5.45%), Folate: 18.56µg (4.64%), Selenium: 3.18µg (4.54%), Copper: 0.08mg (3.97%), Zinc: 0.56mg (3.77%), Potassium: 124.26mg (3.55%), Vitamin B12: 0.18µg (2.93%), Fiber: 0.72g (2.89%), Vitamin B1: 0.04mg (2.83%), Vitamin B5: 0.28mg (2.81%), Iron: 0.5mg (2.77%), Vitamin B6: 0.05mg (2.63%), Vitamin A: 56.21IU (1.12%)