



PHILADELPHIA 3-Step Lemon Cheesecake Bars

READY IN



275 min.

SERVINGS



16

CALORIES



192 kcal

DESSERT

Ingredients

- 1.5 cups coconut macaroon cookie crumbs soft
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 0.5 tsp lemon zest
- 2 Tbsp butter melted
- 0.5 cup sugar
- 0.5 tsp vanilla

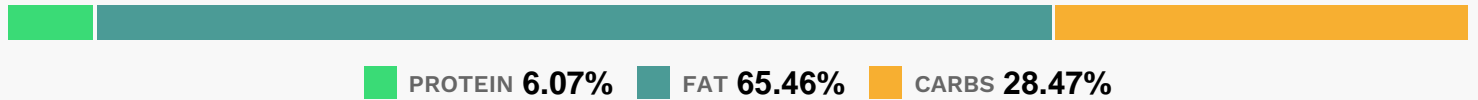
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 350F.
- Combine cookie crumbs and margarine; press onto bottom of 8-inch square pan sprayed with cooking spray.
- Beat cream cheese, sugar, lemon zest, juice and vanilla in large bowl with mixer until blended.
- Add eggs, 1 at a time, mixing on low speed after each just until blended.
- Pour over crust.
- Bake 20 to 25 min. or until center is almost set. Cool completely. Refrigerate 3 hours.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:8.54, Inflammation Score:-3, Nutrition Score:2.7043478323714%

Nutrients (% of daily need)

Calories: 192.33kcal (9.62%), Fat: 14.16g (21.79%), Saturated Fat: 6.95g (43.44%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 13.72g (4.99%), Sugar: 9.37g (10.41%), Cholesterol: 49.09mg (16.36%), Sodium: 146.5mg (6.37%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Protein: 2.96g (5.91%), Vitamin A: 481.13IU (9.62%), Vitamin B2: 0.12mg (7.16%), Selenium: 4.75µg (6.78%), Phosphorus: 47.83mg (4.78%), Vitamin E: 0.58mg (3.9%), Calcium: 32.48mg (3.25%), Folate: 12.76µg (3.19%), Vitamin B1: 0.04mg (2.8%), Vitamin B5: 0.28mg (2.76%), Iron: 0.41mg (2.28%), Manganese: 0.05mg (2.27%), Vitamin B12: 0.11µg (1.88%), Zinc: 0.26mg (1.73%), Vitamin B3: 0.34mg (1.69%), Vitamin B6: 0.03mg (1.61%), Vitamin K: 1.64µg (1.56%), Potassium: 54.42mg (1.55%), Magnesium: 4.6mg (1.15%)