



PHILADELPHIA Caramel Cheesecake Bars

 Vegetarian

READY IN



330 min.

SERVINGS



32

CALORIES



201 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.3 cup caramel ice cream topping
- ☐ 32 ounce philadelphia cream cheese softened
- ☐ 4 eggs
- ☐ 1.5 cups honey maid graham crumbs
- ☐ 1 cup ground pecans divided finely
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 cup sugar

☐ 1 tablespoon vanilla

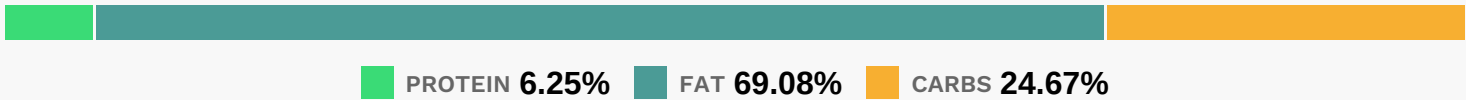
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Line 13x9-inch pan with foil, with ends of foil extending over sides. Spray with cooking spray.
- ☐ Mix graham crumbs, 1/2 cup nuts and butter; press onto bottom of pan.
- ☐ Beat cream cheese and sugar in large bowl with mixer until well blended.
- ☐ Add sour cream and vanilla; mix well.
- ☐ Add eggs, 1 at a time, mixing on low speed after each just until blended.
- ☐ Pour over crust.
- ☐ Bake 45 minutes or until centre is almost set. Cool completely. Refrigerate 4 hours.
- ☐ Drizzle with caramel topping; sprinkle with remaining nuts. Use foil handles to lift dessert from pan before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:7.22, Glycemic Load:6.92, Inflammation Score:-3, Nutrition Score:3.1878261125606%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin:

0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 201.15kcal (10.06%), Fat: 15.75g (24.23%), Saturated Fat: 7.79g (48.68%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 12.22g (4.44%), Sugar: 9.66g (10.73%), Cholesterol: 57.15mg (19.05%), Sodium: 142.53mg (6.2%), Alcohol: 0.14g (100%), Alcohol %: 0.3% (100%), Protein: 3.21g (6.41%), Vitamin A: 502.85IU (10.06%), Manganese: 0.15mg (7.34%), Vitamin B2: 0.12mg (6.94%), Selenium: 4.59µg (6.55%), Phosphorus: 64.35mg (6.43%), Calcium: 44.51mg (4.45%), Zinc: 0.46mg (3.04%), Vitamin B5: 0.3mg (3.02%), Vitamin E: 0.41mg (2.76%), Vitamin B1: 0.04mg (2.65%), Magnesium: 10.17mg (2.54%), Copper: 0.05mg (2.47%), Vitamin B12: 0.13µg (2.21%), Potassium: 75.97mg (2.17%), Iron: 0.38mg (2.1%), Folate: 8.15µg (2.04%), Vitamin B6: 0.04mg (1.94%), Fiber: 0.43g (1.72%), Vitamin B3: 0.22mg (1.12%)