



PHILADELPHIA® 3-STEP® Cheesecake Bars

READY IN



220 min.

SERVINGS



16

CALORIES



190 kcal

DESSERT

Ingredients

- 0.3 cup butter melted ()
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 1.5 cups graham cracker crumbs
- 0.5 cup sugar
- 0.5 tsp vanilla

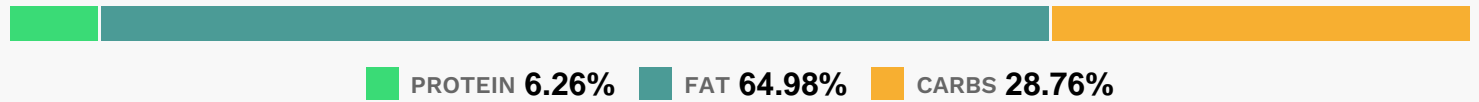
Equipment

- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 350F.
- Mix crumbs and butter; press firmly onto bottom of 8- or 9-inch baking pan. Beat cream cheese, sugar and vanilla with electric mixer on medium speed until well blended.
- Add eggs; mix just until blended.
- Pour over crust.
- Bake 40 minutes or until center is almost set. Cool.
- Refrigerate 3 hours or overnight.
- Cut into 16 bars. Store leftover bars in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.69, Glycemic Load:9.03, Inflammation Score:-3, Nutrition Score:2.5769565187233%

Nutrients (% of daily need)

Calories: 190.42kcal (9.52%), Fat: 13.94g (21.44%), Saturated Fat: 6.61g (41.34%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 13.61g (4.95%), Sugar: 9.15g (10.17%), Cholesterol: 49.09mg (16.36%), Sodium: 182.25mg (7.92%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Protein: 3.02g (6.04%), Vitamin A: 537.31IU (10.75%), Vitamin B2: 0.11mg (6.58%), Selenium: 4.16µg (5.95%), Phosphorus: 57.96mg (5.8%), Calcium: 37.94mg (3.79%), Vitamin E: 0.41mg (2.74%), Iron: 0.46mg (2.53%), Vitamin B5: 0.25mg (2.49%), Zinc: 0.37mg (2.44%), Folate: 8.79µg (2.2%), Magnesium: 7.98mg (1.99%), Vitamin B12: 0.11µg (1.91%), Vitamin B1: 0.03mg (1.8%), Potassium: 60.76mg (1.74%), Vitamin B6: 0.03mg (1.67%), Vitamin B3: 0.33mg (1.64%), Fiber: 0.27g (1.07%)