



PHILADELPHIA® 3-STEP® Coconut Cheesecake Bars

READY IN



215 min.

SERVINGS



16

CALORIES



232 kcal

DESSERT

Ingredients

- 1.5 cups coconut macaroon cookie crumbs soft for passover (Kosher)
- 16 oz philadelphia cream cheese softened
- 0.5 cup cream of coconut
- 2 eggs
- 2 Tbsp butter melted
- 0.5 cup sugar
- 0.5 tsp vanilla

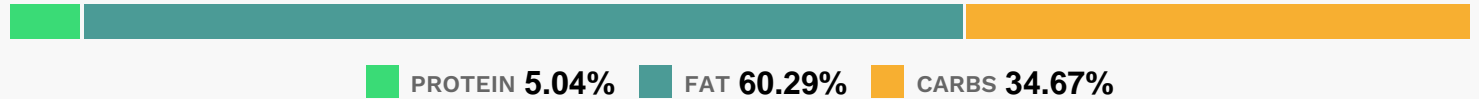
Equipment

- bowl
- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 350F.
- Mix crumbs and margarine. Press firmly onto bottom of greased 8-inch square baking pan; set aside. Beat cream cheese, sugar, cream of coconut and vanilla in large bowl with electric mixer on medium speed until well blended.
- Add eggs; beat just until blended.
- Pour over crust.
- Bake 20 to 25 min. or until center is almost set. Cool. Refrigerate 3 hours or overnight.
- Cut into 16 bars to serve. Store leftover bars in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:8.54, Inflammation Score:-3, Nutrition Score:2.7517391391422%

Nutrients (% of daily need)

Calories: 232.35kcal (11.62%), Fat: 15.7g (24.16%), Saturated Fat: 8.34g (52.11%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 19.89g (7.23%), Sugar: 15.53g (17.26%), Cholesterol: 49.09mg (16.36%), Sodium: 151.12mg (6.57%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Protein: 2.96g (5.91%), Vitamin A: 481.09IU (9.62%), Vitamin B2: 0.12mg (7.16%), Selenium: 4.75µg (6.78%), Phosphorus: 47.82mg (4.78%), Vitamin E: 0.58mg (3.9%), Calcium: 32.4mg (3.24%), Folate: 12.75µg (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%), Fiber: 0.43g (1.72%), Vitamin B3: 0.34mg (1.69%), Vitamin B6: 0.03mg (1.6%), Vitamin K: 1.64µg (1.56%), Potassium: 54.32mg (1.55%), Magnesium: 4.59mg (1.15%)