



## PHILADELPHIA® Marbled Carrot Cake Bars

 Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



3870 kcal

DESSERT

### Ingredients

- 15.6 oz carrot bread mix quick
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 2 tsp ground cinnamon
- 0.3 tsp ground nutmeg
- 0.5 cup sugar
- 1.5 tsp vanilla divided

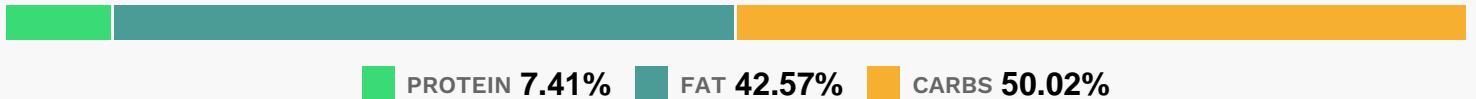
### Equipment

- frying pan
- oven
- knife
- wire rack
- baking pan

## Directions

- Preheat oven to 350F. Prepare bread mix as directed on package. Stir in cinnamon, nutmeg and 1 tsp. of the vanilla.
- Spread batter into greased 13x9-inch baking pan.
- Mix cream cheese, sugar and remaining 1/2 tsp. vanilla until well blended. Blend in eggs.
- Pour over batter in pan; cut through batter with knife several times for marble effect.
- Bake 35 to 40 minutes or until cream cheese mixture is lightly browned. Cool in pan on wire rack.
- Cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:172.09, Glycemic Load:76.75, Inflammation Score:-10, Nutrition Score:39.353043442187%

## Nutrients (% of daily need)

Calories: 3870.34kcal (193.52%), Fat: 180.78g (278.12%), Saturated Fat: 94.54g (590.88%), Carbohydrates: 478.01g (159.34%), Net Carbohydrates: 459.34g (167.03%), Sugar: 307.8g (342%), Cholesterol: 785.49mg (261.83%), Sodium: 3523.86mg (153.21%), Alcohol: 2.17g (100%), Alcohol %: 0.25% (100%), Protein: 70.8g (141.61%), Vitamin A: 18523.66IU (370.47%), Selenium: 66.79µg (95.42%), Vitamin B2: 1.47mg (86.64%), Calcium: 853.65mg (85.37%), Iron: 13.69mg (76.06%), Fiber: 18.66g (74.66%), Phosphorus: 664.46mg (66.45%), Manganese: 1.02mg (50.86%), Vitamin B5: 3.96mg (39.55%), Vitamin E: 4.95mg (32.97%), Vitamin B12: 1.78µg (29.69%), Zinc: 3.53mg (23.51%), Vitamin C: 18.79mg (22.77%), Potassium: 755.84mg (21.6%), Folate: 82.91µg (20.73%), Vitamin B6: 0.41mg (20.72%), Magnesium: 56.27mg (14.07%), Vitamin D: 1.76µg (11.73%), Vitamin K: 11.41µg (10.87%), Vitamin B1: 0.14mg (9.55%), Copper: 0.18mg (8.99%), Vitamin B3: 0.58mg (2.91%)