

PHILLY Caramel Cheesecake Bars

 Vegetarian

READY IN



330 min.

SERVINGS



32

CALORIES



213 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 0.3 cup mrs richardson's butterscotch caramel sauce
- 1000 g cream cheese softened
- 4 eggs
- 1.5 cups graham cracker crumbs
- 1 cup pecans divided finely chopped
- 1 cup 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.

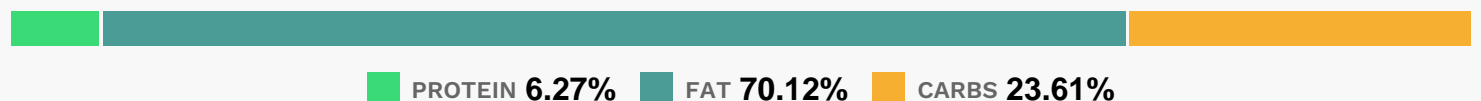
Add eggs, 1 at a time, mixing on low speed after each just until blended.

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:6.97, Inflammation Score:-3, Nutrition Score:3.3991304532341%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin:

0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 213.47kcal (10.67%), Fat: 16.97g (26.11%), Saturated Fat: 8.39g (52.46%), Carbohydrates: 12.86g (4.29%), Net Carbohydrates: 12.39g (4.51%), Sugar: 9.78g (10.86%), Cholesterol: 60.08mg (20.03%), Sodium: 151.63mg (6.59%), Alcohol: 0.14g (100%), Alcohol %: 0.29% (100%), Protein: 3.41g (6.83%), Vitamin A: 541.98IU (10.84%), Manganese: 0.16mg (8.06%), Vitamin B2: 0.13mg (7.36%), Selenium: 4.85µg (6.93%), Phosphorus: 68.32mg (6.83%), Calcium: 47.54mg (4.75%), Zinc: 0.48mg (3.23%), Vitamin B5: 0.32mg (3.21%), Vitamin E: 0.44mg (2.96%), Vitamin B1: 0.04mg (2.83%), Magnesium: 10.81mg (2.7%), Copper: 0.05mg (2.68%), Vitamin B12: 0.14µg (2.32%), Potassium: 81.08mg (2.32%), Iron: 0.39mg (2.16%), Folate: 8.48µg (2.12%), Vitamin B6: 0.04mg (2.05%), Fiber: 0.46g (1.84%), Vitamin B3: 0.23mg (1.15%)