



## Praline Crumb Caramel Cheesecake Bars

READY IN



215 min.

SERVINGS



36

CALORIES



171 kcal

DESSERT

### Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter cold
- 0.5 cup pecans chopped
- 0.5 cup toffee chips
- 16 oz cream cheese softened
- 0.5 cup sugar
- 2 tablespoons flour all-purpose
- 0.5 cup mrs richardson's butterscotch caramel sauce
- 1 teaspoon vanilla

1 eggs

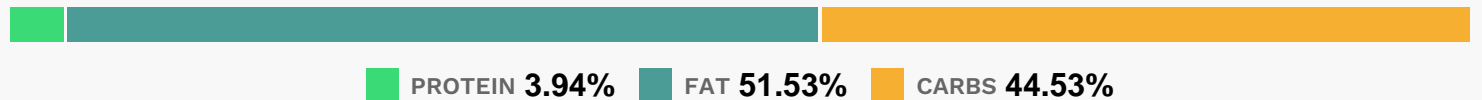
## Equipment

- bowl
- frying pan
- oven
- blender
- hand mixer

## Directions

- Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray.
- Place cookie mix in bowl; cut in butter using pastry blender or fork until mixture is crumbly. Reserve 1 1/2 cups mixture for topping. Press remaining mixture in bottom of pan.
- Bake 10 minutes.
- Meanwhile, in large bowl, beat cream cheese, sugar, flour, 1/4 cup of the caramel topping, vanilla and egg with electric mixer on medium speed until smooth.
- Spread cream cheese mixture evenly over partially baked cookie base.
- Sprinkle with reserved crumb topping, pecans and toffee bits.
- Bake 35 to 40 minutes or until light golden brown. Cool 30 minutes. Refrigerate about 2 hours or until chilled.
- Drizzle with remaining 1/4 cup caramel topping. For bars, cut into 9 rows by 4 rows. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:6.47, Glycemic Load:3.45, Inflammation Score:-2, Nutrition Score:1.4660869482095%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

## **Nutrients (% of daily need)**

Calories: 170.83kcal (8.54%), Fat: 9.91g (15.25%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 19.12g (6.95%), Sugar: 13.59g (15.11%), Cholesterol: 20.69mg (6.9%), Sodium: 125.59mg (5.46%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 1.7g (3.41%), Vitamin A: 330.12IU (6.6%), Manganese: 0.07mg (3.73%), Vitamin B2: 0.05mg (2.78%), Selenium: 1.74µg (2.49%), Phosphorus: 23.55mg (2.36%), Vitamin E: 0.27mg (1.82%), Calcium: 17.67mg (1.77%), Vitamin B1: 0.03mg (1.7%), Folate: 5.17µg (1.29%), Vitamin B5: 0.12mg (1.17%), Copper: 0.02mg (1.11%), Zinc: 0.15mg (1.03%)