



Praline Crumb Caramel Cheesecake Bars

READY IN



215 min.

SERVINGS



36

CALORIES



171 kcal

DESSERT

Ingredients

- 0.5 cup butter cold
- 0.5 cup mrs richardson's butterscotch caramel sauce
- 16 oz cream cheese softened
- 1 eggs
- 2 tablespoons flour all-purpose
- 0.5 cup pecans chopped
- 0.5 cup sugar
- 1 pouch sugar cookie mix (1 lb 1.5 oz)
- 0.5 cup toffee chips

1 teaspoon vanilla

Equipment

bowl

frying pan

oven

blender

hand mixer

Directions

Heat oven to 350F. 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



PROTEIN 3.94% FAT 51.53% CARBS 44.53%

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: 170.82kcal (8.54%), Fat: 9.91g (15.25%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 19.11g (6.95%), Sugar: 13.59g (15.1%), Cholesterol: 20.69mg (6.9%), Sodium: 125.58mg (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%)