



Pumpkin Streusel Cheesecake Bars

 Popular

READY IN



180 min.

SERVINGS



24

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 17.5 oz basic cookie mix
- ☐ 0.5 cup gingersnaps crushed
- ☐ 0.5 cup pecans finely chopped
- ☐ 0.5 cup butter cold
- ☐ 16 oz cream cheese softened
- ☐ 1 cup sugar
- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 2 tablespoons flour all-purpose

- ☐ 1 tablespoon pumpkin pie spice
- ☐ 2 tablespoons whipping cream
- ☐ 2 eggs
- ☐ 0.3 cup topping
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce

Equipment

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

Directions

- ☐ Heat oven to 350°F. In large bowl, stir together cookie mix, crushed cookies and pecans.
- ☐ Cut in butter, using pastry blender or fork, until mixture is crumbly. Reserve 1 cup mixture for topping. Press remaining mixture in bottom of ungreased 13x9-inch pan.
- ☐ Bake 10 minutes. Cool 10 minutes.
- ☐ Meanwhile, in large bowl, beat cream cheese and sugar with electric mixer on medium speed until smooth.
- ☐ Add remaining filling ingredients; beat until well blended.
- ☐ Pour over warm cookie base.
- ☐ Sprinkle with reserved topping.
- ☐ Bake 35 to 40 minutes or until center is set. Cool 30 minutes. Refrigerate about 2 hours or until chilled.
- ☐ Before serving, drizzle with chocolate and caramel toppings. For bars, cut into 6 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



 **PROTEIN 4.37%**  **FAT 47.75%**  **CARBS 47.88%**

Properties

Glycemic Index:7.59, Glycemic Load:6.45, Inflammation Score:-7, Nutrition Score:4.4156521714252%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 293.52kcal (14.68%), Fat: 15.68g (24.12%), Saturated Fat: 5.71g (35.68%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 33.47g (12.17%), Sugar: 22.65g (25.17%), Cholesterol: 34.18mg (11.39%), Sodium: 193.19mg (8.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.45%), Vitamin A: 1399.57IU (27.99%), Manganese: 0.25mg (12.42%), Fiber: 1.9g (7.6%), Vitamin B2: 0.1mg (6.01%), Selenium: 3.54µg (5.06%), Phosphorus: 48.89mg (4.89%), Calcium: 35.68mg (3.57%), Vitamin E: 0.53mg (3.54%), Iron: 0.63mg (3.47%), Vitamin B5: 0.34mg (3.4%), Copper: 0.07mg (3.28%), Folate: 11.44µg (2.86%), Vitamin B1: 0.04mg (2.7%), Magnesium: 10.73mg (2.68%), Potassium: 92.02mg (2.63%), Zinc: 0.34mg (2.25%), Vitamin B6: 0.04mg (2.24%), Vitamin B3: 0.3mg (1.5%), Vitamin B12: 0.09µg (1.49%)