



Quick & Easy Nutty Cheese Bars

READY IN



45 min.

SERVINGS



24

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.8 cup butter melted
- ☐ 16 oz cream cheese softened
- ☐ 1.5 cups pecans divided chopped
- ☐ 18.5 oz cake mix

Equipment

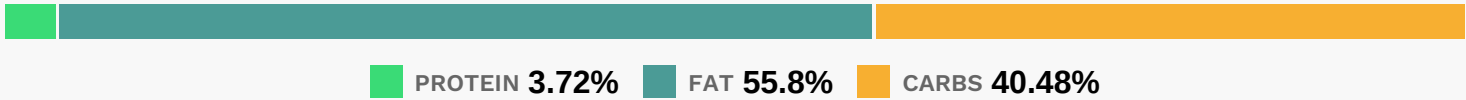
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ In a bowl, combine dry cake mix, 3/4 cup pecans and melted butter; stir until well blended. Press mixture into the bottom of a greased 13"x9" baking pan.
- ☐ Combine cream cheese and brown sugar in a separate bowl. Stir until well mixed.
- ☐ Spread evenly over crust.
- ☐ Sprinkle with remaining pecans.
- ☐ Bake at 350 degrees for 25 to 30 minutes, until edges are golden and cheese topping is set. Cool completely in pan on wire rack.
- ☐ Cut into bars. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:4.4917391266512%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

Nutrients (% of daily need)

Calories: 279.34kcal (13.97%), Fat: 17.77g (27.33%), Saturated Fat: 8.24g (51.49%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 28.08g (10.21%), Sugar: 19.34g (21.49%), Cholesterol: 34.34mg (11.45%), Sodium: 266.61mg (11.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.33%), Manganese: 0.36mg (17.81%), Phosphorus: 108.91mg (10.89%), Vitamin A: 434.91IU (8.7%), Calcium: 78.52mg (7.85%), Vitamin B1: 0.1mg (6.68%), Vitamin B2: 0.11mg (6.19%), Copper: 0.11mg (5.26%), Folate: 18.36µg (4.59%), Vitamin E: 0.62mg (4.16%), Iron: 0.71mg (3.97%), Selenium: 2.72µg (3.89%), Fiber: 0.92g (3.66%), Magnesium: 13.1mg (3.27%), Zinc: 0.47mg (3.14%), Vitamin B3: 0.62mg (3.08%), Vitamin B5: 0.27mg (2.66%), Vitamin B6: 0.05mg (2.28%), Potassium: 77.04mg (2.2%), Vitamin K:

1.77µg (1.68%), Vitamin B12: 0.08µg (1.26%)