



Raspberry Cheesecake Bars

READY IN



270 min.

SERVINGS



36

CALORIES



201 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 0.3 cup plus light
- ☐ 1 cup plus light
- ☐ 16 ounces cream cheese softened
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 36 servings powdered sugar
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup strawberry jam
- ☐ 2 teaspoons vanilla

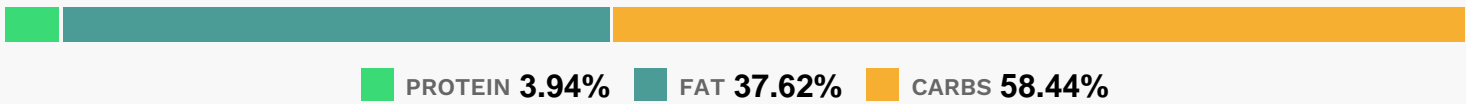
Equipment

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

Directions

- ☐ Heat oven to 375F. Grease bottom and sides of rectangular pan, 13x9x2 inches.
- ☐ Beat flour, granulated sugar, salt, butter and 1/3 cup corn syrup with electric mixer on medium speed until dough forms. Press evenly in pan.
- ☐ Beat cream cheese in medium bowl until smooth. Beat in eggs until well blended. Beat in 1 cup corn syrup and the vanilla until smooth.
- ☐ Pour over dough.
- ☐ Bake 35 to 40 minutes or until edges are light golden brown and filling is set (filling may appear puffy). Stir jam; spread over hot bars. Cool 30 minutes. Refrigerate at least 3 hours until chilled.
- ☐ For 36 bars, cut into 6 rows by 6 rows.
- ☐ Sprinkle with powdered sugar just before serving. Refrigerate any remaining bars.

Nutrition Facts



Properties

Glycemic Index:7.36, Glycemic Load:9.48, Inflammation Score:-3, Nutrition Score:2.3113043424876%

Nutrients (% of daily need)

Calories: 201.16kcal (10.06%), Fat: 8.59g (13.22%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 30.04g (10.01%), Net Carbohydrates: 29.77g (10.83%), Sugar: 22.88g (25.42%), Cholesterol: 26.37mg (8.79%), Sodium: 132.09mg

(5.74%), Alcohol: 0.08g (100%), Alcohol %: 0.17% (100%), Protein: 2.02g (4.05%), Vitamin A: 358.18IU (7.16%), Selenium: 4.85µg (6.93%), Vitamin B2: 0.09mg (5.25%), Vitamin B1: 0.07mg (4.53%), Folate: 16.39µg (4.1%), Phosphorus: 30.69mg (3.07%), Manganese: 0.05mg (2.68%), Iron: 0.44mg (2.45%), Vitamin B3: 0.43mg (2.14%), Vitamin E: 0.31mg (2.04%), Calcium: 19.93mg (1.99%), Vitamin B5: 0.16mg (1.64%), Zinc: 0.22mg (1.47%), Copper: 0.02mg (1.14%), Vitamin B12: 0.07µg (1.08%), Potassium: 37.21mg (1.06%), Fiber: 0.27g (1.06%)