



Raspberry Cheesecake Bars

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



91 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 3.5 tablespoons butter melted
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 1.5 cups raspberries fresh

- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup cream light sour
- ☐ 1.5 teaspoons vanilla extract divided

Equipment

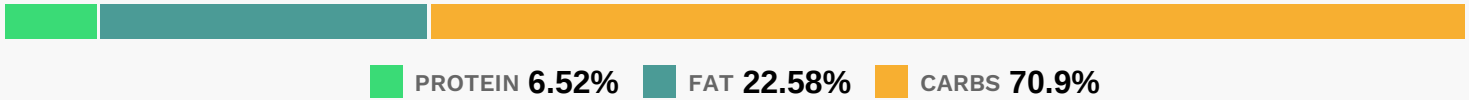
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and salt, stirring with a whisk.
- ☐ Combine butter, brown sugar, 1 teaspoon vanilla, and eggs in a medium bowl, stirring with a whisk until smooth.
- ☐ Add flour mixture to butter mixture; stir just until moist.
- ☐ Place 1/2 teaspoon vanilla, granulated sugar, and next 4 ingredients (through cream cheese) in a large bowl; beat with a mixer at high speed until fluffy.
- ☐ Line a 13 x 9-inch baking pan with foil that extends 1 inch beyond sides; coat foil with cooking spray.
- ☐ Spread half of batter into pan.
- ☐ Pour cream cheese mixture over batter in pan, and spread evenly over batter.

- ☐ Sprinkle with raspberries. Drop remaining batter by tablespoonfuls over raspberries. Swirl batter, cream cheese mixture, and raspberries together with a knife.
- ☐ Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely on wire rack.
- ☐ Remove from pan by lifting foil.
- ☐ Remove foil; cut into 30 bar cookies.

Nutrition Facts



Properties

Glycemic Index:7.37, Glycemic Load:5.86, Inflammation Score:-1, Nutrition Score:2.0186956576679%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 91.36kcal (4.57%), Fat: 2.32g (3.57%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 15.81g (5.75%), Sugar: 10.79g (11.99%), Cholesterol: 23.45mg (7.82%), Sodium: 81.22mg (3.53%), Alcohol: 0.07g (100%), Alcohol %: 0.25% (100%), Protein: 1.51g (3.01%), Selenium: 3.91µg (5.59%), Manganese: 0.09mg (4.49%), Folate: 15.7µg (3.93%), Vitamin B1: 0.05mg (3.65%), Vitamin B2: 0.06mg (3.65%), Iron: 0.48mg (2.65%), Vitamin C: 1.89mg (2.29%), Fiber: 0.57g (2.27%), Phosphorus: 21.86mg (2.19%), Vitamin B3: 0.42mg (2.11%), Calcium: 17.33mg (1.73%), Vitamin A: 82.43IU (1.65%), Vitamin B5: 0.14mg (1.36%), Potassium: 41.92mg (1.2%), Copper: 0.02mg (1.13%), Magnesium: 4.44mg (1.11%), Vitamin E: 0.16mg (1.06%), Vitamin B12: 0.06µg (1.06%), Zinc: 0.16mg (1.05%)