



Raspberry Cheesecake Bars (lighter)

READY IN



270 min.

SERVINGS



36

CALORIES



159 kcal

DESSERT

Ingredients

- ☐ 0.3 cup plus light
- ☐ 1 cup plus light
- ☐ 2 egg whites
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 16 ounces cream cheese softened reduced-fat (Neufchâtel)
- ☐ 0.3 cup butter softened
- ☐ 36 servings powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup strawberry jam
- ☐ 2 teaspoons vanilla

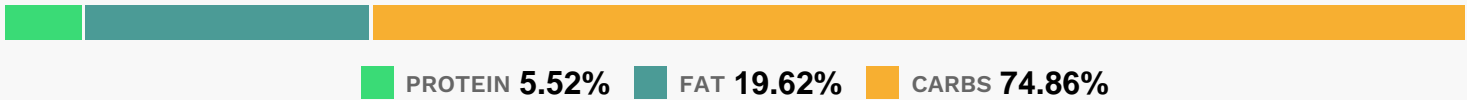
Equipment

- ☐ 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, margarine, 1/3 cup corn syrup and 1/2 package cream cheese with electric mixer on medium speed until dough forms. Press evenly in pan.
- ☐ Beat remaining 2 packages cream cheese in medium bowl until smooth. Beat in eggs and egg whites 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:6.61, Glycemic Load:9.29, Inflammation Score:-1, Nutrition Score:2.1273913085461%

Nutrients (% of daily need)

Calories: 158.84kcal (7.94%), Fat: 3.53g (5.44%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 30.08g (10.94%), Sugar: 23.15g (25.72%), Cholesterol: 15.9mg (5.3%), Sodium: 109.06mg (4.74%), Alcohol: 0.08g (100%), Alcohol %: 0.18% (100%), Protein: 2.24g (4.47%), Selenium: 4.23µg (6.04%), Vitamin B2: 0.08mg (4.94%), Vitamin B1: 0.07mg (4.62%), Folate: 17.11µg (4.28%), Phosphorus: 33.46mg (3.35%), Vitamin A: 139.14IU (2.78%), Manganese: 0.05mg (2.67%), Calcium: 24.84mg (2.48%), Iron: 0.43mg (2.38%), Vitamin B12: 0.14µg (2.35%), Vitamin B3: 0.43mg (2.17%), Vitamin B5: 0.18mg (1.8%), Potassium: 51.41mg (1.47%), Zinc: 0.21mg (1.42%), Copper: 0.02mg (1.21%), Fiber: 0.27g (1.06%)