



Raspberry-Cream Cheese Danish Bars

READY IN



255 min.

SERVINGS



32

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup planters almonds sliced
- 0.8 cup firmly brown sugar packed
- 16 oz philadelphia cream cheese softened
- 3 eggs
- 0.7 cup granulated sugar
- 6 Tbsp butter melted
- 0.5 cup raspberry preserves
- 45 woven wheat crackers crushed finely (1-)

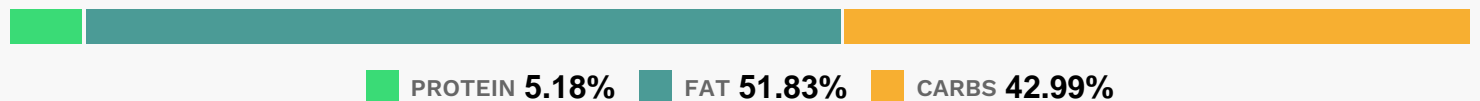
Equipment

- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 350F.
- Mix cracker crumbs, brown sugar and margarine.
- Remove 1-3/4 cups of the crumb mixture; place in 13x9-inch baking pan. Press firmly onto bottom of pan; set aside.
- Beat cream cheese, granulated sugar and eggs with electric mixer on medium speed 2 minutes or until well blended; pour over crust. Carefully spread preserves over cream cheese mixture. Stir almonds into remaining crumb mixture; sprinkle evenly over preserves.
- Bake 1 hour or until center is set and top is golden brown. Cool to room temperature. Refrigerate several hours or until chilled.
- Cut into 32 bars to serve. Store in tightly covered container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.07, Glycemic Load:5.11, Inflammation Score:-2, Nutrition Score:1.8521739063056%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 145.66kcal (7.28%), Fat: 8.57g (13.18%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 15.57g (5.66%), Sugar: 12.7g (14.12%), Cholesterol: 29.66mg (9.89%), Sodium: 98.91mg (4.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.85%), Vitamin A: 306.55IU (6.13%), Vitamin B2: 0.07mg (4.33%), Vitamin E: 0.62mg (4.14%), Selenium: 2.74µg (3.91%), Phosphorus: 32.07mg (3.21%), Calcium: 27.79mg (2.78%), Manganese: 0.04mg (2.06%), Fiber: 0.42g (1.67%), Vitamin B5: 0.16mg (1.61%), Magnesium: 6.41mg (1.6%), Iron: 0.27mg (1.51%), Copper: 0.03mg (1.42%), Potassium: 47.07mg (1.34%), Vitamin B12: 0.07µg (1.18%), Zinc: 0.17mg (1.16%), Folate: 4.51µg (1.13%), Vitamin B6: 0.02mg (1.02%)