



Raspberry-Swirl Cheesecake Bars

READY IN



130 min.

SERVINGS



20

CALORIES



186 kcal

DESSERT

Ingredients

- 24 chocolate wafers such as nabisco famous crushed thin ()
- 6 tablespoons butter melted
- 16 oz cream cheese softened
- 0.5 cup sugar
- 2 eggs
- 2 tablespoons flour all-purpose
- 0.5 teaspoon almond extract
- 0.3 cup raspberry jam red seedless
- 20 raspberries fresh

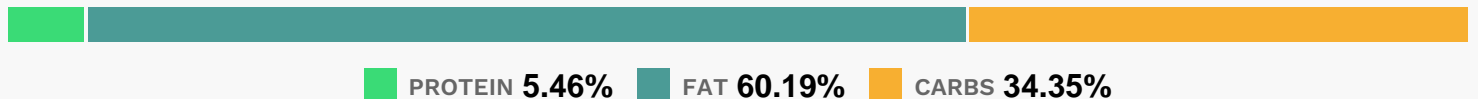
Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- hand mixer
- aluminum foil

Directions

- Heat oven to 325°F. Line 8-inch square pan with foil, leaving 1 inch of foil overhanging at 2 opposite sides of pan; spray foil with cooking spray.
- In medium bowl, mix cookie crumbs and butter. Press into pan.
- Bake 12 minutes. Cool 15 minutes.
- Meanwhile, in another medium bowl, beat cream cheese and sugar with electric mixer on medium speed until smooth.
- Add eggs, one at a time, beating just until blended. Beat in flour and almond extract.
- Pour over cooled crust. Drop jam by teaspoonfuls over batter; swirl jam through batter with knife for marbled design.
- Bake 30 to 40 minutes or until set. Cool completely on cooling rack, about 1 hour. Use foil to lift out of pan.
- Cut into 5 rows by 4 rows; top each bar with 1 raspberry. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:8.85, Inflammation Score:-3, Nutrition Score:2.6973913467449%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 186.11kcal (9.31%), Fat: 12.66g (19.48%), Saturated Fat: 5.73g (35.8%), Carbohydrates: 16.26g (5.42%), Net Carbohydrates: 15.81g (5.75%), Sugar: 11.4g (12.67%), Cholesterol: 39.42mg (13.14%), Sodium: 160.74mg (6.99%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 2.58g (5.17%), Vitamin A: 480.11IU (9.6%), Vitamin B2: 0.1mg (6.05%), Selenium: 4.11µg (5.88%), Phosphorus: 45.92mg (4.59%), Manganese: 0.08mg (3.75%), Vitamin E: 0.45mg (2.99%), Calcium: 29.76mg (2.98%), Iron: 0.47mg (2.61%), Folate: 9.95µg (2.49%), Copper: 0.05mg (2.48%), Vitamin B5: 0.24mg (2.39%), Vitamin B1: 0.03mg (1.96%), Magnesium: 7.35mg (1.84%), Fiber: 0.46g (1.83%), Zinc: 0.27mg (1.78%), Potassium: 61.33mg (1.75%), Vitamin B12: 0.1µg (1.66%), Vitamin B3: 0.29mg (1.45%), Vitamin B6: 0.03mg (1.34%), Vitamin C: 1.03mg (1.25%)