



Reduced-Sugar Lemon-Cheesecake Bars

 Vegetarian

READY IN



575 min.

SERVINGS



8

CALORIES



227 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 cup firmly brown sugar sweetener packed
- 0.3 cup butter softened
- 8 servings butter crust
- 1 large eggs
- 1 egg white
- 1 cup flour all-purpose
- 2 tablespoons flour all-purpose

- 0.3 teaspoon mace
- 3.5 tablespoons juice of lemon fresh
- 8 servings lemon rind curl
- 1 tablespoon lemon zest
- 1 cup curd cottage cheese 1% low-fat
- 0.3 teaspoon salt
- 1 cup granular sweetener
- 8 servings garnish
- 8 servings garnish

Equipment

- food processor
- frying pan
- oven
- hand mixer

Directions

- Preheat oven to 350
- Prepare Crust: Beat first 4 ingredients at medium speed with an electric mixer until smooth.
- Add 1 cup flour, beating at low speed until well blended. Press mixture on bottom of an 8-inch square pan coated with cooking spray.
- Bake at 350 for 20 minutes.
- Meanwhile, prepare Filling: Process cottage cheese in a food processor 1 minute or until smooth, stopping to scrape down sides as needed.
- Add granular sweetener and next 6 ingredients, and process 30 seconds or until well blended.
- Pour filling over prepared crust.
- Bake at 350 for 25 minutes or until set. (Edges will be lightly browned.) Cool 30 minutes. Cover and chill 8 hours.
- Cut into bars.

Garnish, if desired.

Note: We tested with Whey Low 100% All Natural Gold Brown Sugar Sweetener and Granular Sweetener.

Nutrition Facts

PROTEIN 8.25% **FAT 35.67%** **CARBS 56.08%**

Properties

Glycemic Index:42.75, Glycemic Load:9.7, Inflammation Score:-3, Nutrition Score:4.9969565479652%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 226.97kcal (11.35%), Fat: 12.82g (19.73%), Saturated Fat: 7.85g (49.03%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 26.95g (9.8%), Sugar: 13.69g (15.21%), Cholesterol: 55.47mg (18.49%), Sodium: 311.13mg (13.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.35%), Selenium: 11.39µg (16.27%), Vitamin B2: 0.19mg (10.88%), Folate: 40.49µg (10.12%), Vitamin B1: 0.15mg (9.93%), Vitamin A: 408.02IU (8.16%), Phosphorus: 76.88mg (7.69%), Manganese: 0.13mg (6.43%), Iron: 1.05mg (5.84%), Vitamin B3: 1.1mg (5.51%), Vitamin C: 3.78mg (4.58%), Vitamin B12: 0.26µg (4.36%), Calcium: 42.01mg (4.2%), Vitamin E: 0.43mg (2.84%), Vitamin B5: 0.28mg (2.77%), Fiber: 0.61g (2.42%), Vitamin B6: 0.05mg (2.29%), Potassium: 78.98mg (2.26%), Copper: 0.05mg (2.26%), Zinc: 0.33mg (2.23%), Magnesium: 8.01mg (2%), Vitamin K: 1.11µg (1.06%)