



Rhubarb Cheesecake Bars

READY IN



280 min.

SERVINGS



5

CALORIES



1486 kcal

DESSERT

Ingredients

- 2.5 cups flour all-purpose
- 2 cups rolled oats
- 1 cup brown sugar packed
- 1 cup butter softened
- 0.5 teaspoon salt
- 0.5 teaspoon baking soda
- 24 ounces cream cheese softened
- 3 eggs
- 0.8 cup granulated sugar

- 1 teaspoon vanilla
- 2 cups rhubarb fresh chopped

Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Heat oven to 350°. Grease bottom and sides of jelly roll pan, 15 1/2x10 1/2x1 inch, with shortening, or spray with cooking spray. Beat flour, oats, brown sugar, butter, salt and baking soda in large bowl with electric mixer on medium speed until crumbly, or mix with spoon. Press about 4 cups of the mixture in pan.
- Beat remaining ingredients except rhubarb in large bowl with electric mixer on medium speed until blended. Stir in rhubarb.
- Spread over crust.
- Sprinkle with remaining crumb mixture; press lightly.
- Bake 40 to 50 minutes or until center is set; cool 30 minutes. Cover and refrigerate at least 3 hours but no longer than 48 hours. For bars, cut into 10 rows by 6 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:65.12, Inflammation Score:-10, Nutrition Score:29.114782685819%

Flavonoids

Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg

Nutrients (% of daily need)

Calories: 1486.12kcal (74.31%), Fat: 88.79g (136.6%), Saturated Fat: 36.38g (227.37%), Carbohydrates: 153.12g (51.04%), Net Carbohydrates: 147.28g (53.56%), Sugar: 78.96g (87.74%), Cholesterol: 235.65mg (78.55%), Sodium: 1252.72mg (54.47%), Alcohol: 0.28g (100%), Alcohol %: 0.08% (100%), Protein: 23.33g (46.67%), Manganese: 1.75mg (87.67%), Selenium: 51.61µg (73.73%), Vitamin A: 3643.82IU (72.88%), Vitamin B2: 0.83mg (48.86%), Vitamin B1: 0.7mg (46.4%), Phosphorus: 417.43mg (41.74%), Folate: 153.72µg (38.43%), Iron: 5.33mg (29.6%), Calcium: 265.66mg (26.57%), Fiber: 5.84g (23.37%), Vitamin B3: 4.41mg (22.03%), Magnesium: 85.2mg (21.3%), Vitamin E: 3.16mg (21.07%), Vitamin B5: 1.96mg (19.55%), Zinc: 2.71mg (18.04%), Potassium: 620.3mg (17.72%), Vitamin K: 18.07µg (17.21%), Copper: 0.29mg (14.7%), Vitamin B6: 0.22mg (10.75%), Vitamin B12: 0.58µg (9.66%), Vitamin C: 3.99mg (4.84%), Vitamin D: 0.53µg (3.52%)