



Rhubarb Cheesecake Dream Bars

 Vegetarian

READY IN



95 min.

SERVINGS



10

CALORIES



216 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 8 ounce cream cheese softened
- 1 eggs
- 0.3 cup flour all-purpose
- 4 cups rhubarb finely chopped
- 0.5 cup cup heavy whipping cream sour
- 1 tablespoon sugar white

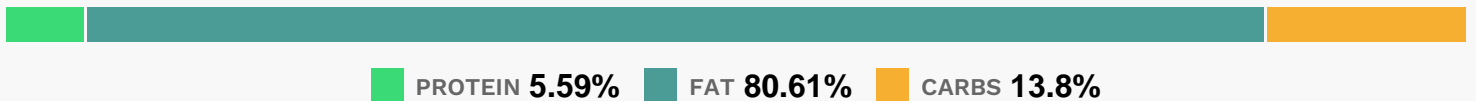
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 425 degrees F (220 degrees C). Grease an 11x7-inch baking dish.
- In a bowl, mix together 1 cup flour, the softened butter, and 1 tablespoon sugar until well combined; press into the bottom of the prepared baking dish.
- Bake the crust in the preheated oven until it starts to brown, about 10 minutes.
- Remove the crust. Reduce oven heat to 350 degrees F (175 degrees C).
- Using the same bowl, thoroughly mix 1 cup sugar with 1/4 cup flour; stir in the rhubarb and toss to coat.
- Spread the rhubarb mixture over the baked crust. Using the same bowl, mash the cream cheese, 1/2 cup of sugar, and the egg until the mixture is creamy; spread over the rhubarb.
- Bake in the oven until the rhubarb is bubbling and the topping is set, about 35 minutes.
- In the same bowl, mix sour cream with 1 tablespoon of sugar; spread over the hot dessert. Allow to cool completely before cutting into bars. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:3.08, Inflammation Score:-5, Nutrition Score:4.667391328708%

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: 216.06kcal (10.8%), Fat: 19.79g (30.44%), Saturated Fat: 11.75g (73.41%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 6.66g (2.42%), Sugar: 3.01g (3.35%), Cholesterol: 70.46mg (23.49%), Sodium: 156.03mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin K: 15.76µg (15.01%), Vitamin A: 733.4IU (14.67%), Calcium: 81.25mg (8.13%), Selenium: 5.44µg (7.78%), Vitamin B2: 0.13mg (7.4%), Manganese:

0.12mg (6.1%), Potassium: 197.02mg (5.63%), Phosphorus: 54.65mg (5.47%), Vitamin C: 4.01mg (4.86%), Vitamin E: 0.68mg (4.55%), Fiber: 0.96g (3.85%), Folate: 14.27µg (3.57%), Vitamin B5: 0.3mg (3.03%), Vitamin B1: 0.04mg (2.94%), Magnesium: 10.49mg (2.62%), Vitamin B12: 0.13µg (2.21%), Iron: 0.37mg (2.03%), Zinc: 0.29mg (1.93%), Vitamin B6: 0.04mg (1.92%), Vitamin B3: 0.37mg (1.85%), Copper: 0.02mg (1.21%)