

Rich and Creamy Cheesecake Squares

READY IN



45 min.

SERVINGS



15

CALORIES



384 kcal

DESSERT

Ingredients

- 0.5 cup butter flavor shortening flavored
- 3.5 cups powdered sugar
- 8 ounce cream cheese softened
- 2 eggs
- 1 tablespoon milk
- 0.5 cup pecans chopped
- 1 teaspoon vanilla extract
- 18.3 ounce cake mix yellow

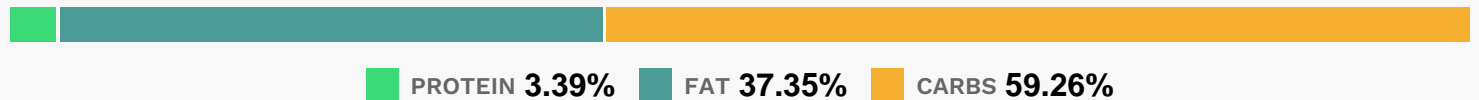
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- In a large bowl, combine cake mix, 2 eggs, melted shortening, milk and chopped pecans.
- Mix with fork or at low speed of electric mixer until cake mix is moistened. Turn into pan.
- Spread evenly.
- In a large bowl, beat cream cheese until smooth. Beat in 2 eggs, confectioners' sugar and vanilla until smooth.
- Spread evenly over cake base.
- Bake in the preheated oven for 35 minutes. Edges and top will be light golden brown and will have a slightly shiny appearance. Cool completely, then cut into squares.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:4.9960869675421%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 384.04kcal (19.2%), Fat: 16.2g (24.92%), Saturated Fat: 5.75g (35.93%), Carbohydrates: 57.83g (19.28%), Net Carbohydrates: 57.07g (20.75%), Sugar: 43.13g (47.92%), Cholesterol: 37.21mg (12.4%), Sodium: 308.15mg (13.4%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 3.31g (6.62%), Phosphorus: 145.81mg (14.58%), Manganese: 0.23mg (11.72%), Calcium: 94.88mg (9.49%), Vitamin B2: 0.15mg (9%), Vitamin B1: 0.11mg (7.43%), Folate: 28.37µg (7.09%), Vitamin E: 0.98mg (6.53%), Selenium: 4.46µg (6.37%), Iron: 0.95mg (5.28%), Vitamin K: 5.1µg (4.86%), Vitamin A: 238.39IU (4.77%), Vitamin B3: 0.86mg (4.31%), Copper: 0.08mg (3.88%), Vitamin B5: 0.38mg (3.83%), Fiber: 0.76g (3.05%), Zinc: 0.42mg (2.77%), Vitamin B6: 0.05mg (2.67%), Magnesium: 10.06mg (2.52%), Vitamin B12: 0.13µg (2.09%), Potassium: 61.62mg (1.76%)