



## Savory Kalamata Cheesecake Squares

READY IN



45 min.

SERVINGS



36

CALORIES



92 kcal

### Ingredients

- 0.3 cup butter melted
- 8 ounce cream sour
- 3 ounce cream cheese softened
- 8 ounce cream cheese softened
- 1 large eggs
- 1 egg yolk
- 1 tablespoon flour all-purpose
- 1 tablespoon rosemary leaves fresh chopped
- 1.3 cups seasoned bread crumbs
- 0.5 cup kalamata olives pitted sliced chopped

- 0.5 cup pecans very finely chopped
- 0.3 teaspoon pepper
- 1 sprigs kalamata olives fresh
- 0.3 teaspoon salt

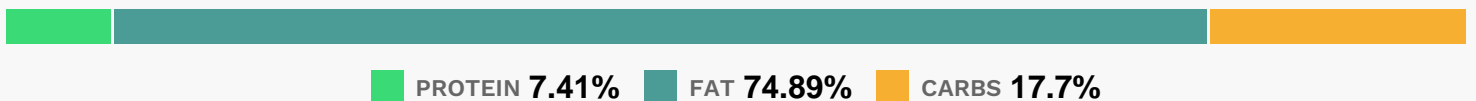
## Equipment

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

## Directions

- Combine first 3 ingredients; stir well. Press crumb mixture firmly into a lightly greased, foil-lined 9" square pan.
- Bake at 350 for 12 minutes. Set aside to cool.
- Beat cream cheese, sour cream, flour, and seasonings at medium speed of an electric mixer until smooth.
- Add egg and egg yolk, one at a time, beating just until blended. Stir in sliced olives and chopped rosemary; pour filling into baked crust.
- Bake at 350 for 20 minutes or just until firm. Cool to room temperature on a wire rack. Cover and chill.
- To serve, lift foil out of pan, and cut cheesecake into squares.
- Garnish serving platter, if desired.

## Nutrition Facts



## Properties

Glycemic Index:4.75, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:2.1682608749556%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 91.54kcal (4.58%), Fat: 7.77g (11.96%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.7g (1.35%), Sugar: 0.86g (0.95%), Cholesterol: 23.07mg (7.69%), Sodium: 152.71mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Manganese: 0.12mg (5.76%), Vitamin A: 263.54IU (5.27%), Selenium: 2.86µg (4.09%), Vitamin B1: 0.06mg (3.8%), Vitamin B2: 0.06mg (3.58%), Phosphorus: 31.17mg (3.12%), Calcium: 26.73mg (2.67%), Vitamin K: 2.3µg (2.19%), Folate: 8.35µg (2.09%), Vitamin E: 0.3mg (1.97%), Iron: 0.32mg (1.77%), Copper: 0.04mg (1.77%), Fiber: 0.43g (1.72%), Vitamin B3: 0.31mg (1.54%), Zinc: 0.22mg (1.5%), Vitamin B5: 0.15mg (1.5%), Magnesium: 5.74mg (1.44%), Vitamin B12: 0.07µg (1.18%), Vitamin B6: 0.02mg (1.15%), Potassium: 40.07mg (1.14%)