



HEALTH SCORE

64%

S'Mores Cheesecake Bars



Very Healthy

READY IN



360 min.

SERVINGS



1

CALORIES



7240 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 32 oz philadelphia cream cheese softened
- 4 eggs
- 3 Tbsp flour
- 18 graham crackers divided
- 1 cup marshmallows jet-puffed miniature
- 1 cup baker's semi-sweet chocolate chunks divided
- 1 cup sugar

- 3 Tbsp sugar
- 1 Tbsp vanilla

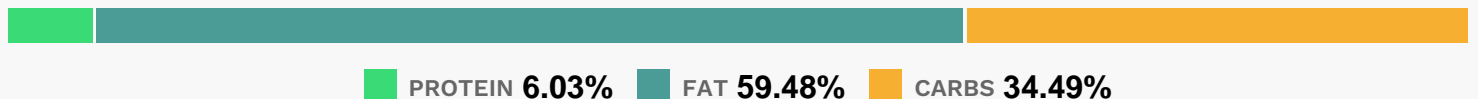
Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides. Crush 14 grahams.
- Mix with butter and 3 Tbsp. sugar; press onto bottom of prepared pan. Coarsely chop remaining grahams.
- Beat cream cheese, 1 cup sugar and vanilla in large bowl with mixer until blended.
- Add flour; mix well.
- Add eggs, 1 at a time, mixing on low speed after each just until blended. Chop 1/2 cup chocolate chunks; stir into cream cheese batter.
- Pour over crust.
- Sprinkle with remaining chocolate chunks, marshmallows and chopped grahams.
- Bake 40 min. or until center is almost set. Cool completely. Refrigerate 4 hours. Use foil handles to lift cheesecake from pan before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:376.68, Glycemic Load:351.02, Inflammation Score:-10, Nutrition Score:76.000434613746%

Nutrients (% of daily need)

Calories: 7239.54kcal (361.98%), Fat: 483.05g (743.15%), Saturated Fat: 243.95g (1524.66%), Carbohydrates: 630.3g (210.1%), Net Carbohydrates: 607.08g (220.76%), Sugar: 423g (470%), Cholesterol: 1581.48mg (527.16%), Sodium: 5534.18mg (240.62%), Alcohol: 4.47g (100%), Alcohol %: 0.3% (100%), Caffeine: 150.5mg (50.17%), Protein: 110.21g (220.41%), Vitamin A: 15927.99IU (318.56%), Phosphorus: 2329.69mg (232.97%), Selenium: 156.64µg (223.78%), Vitamin B2: 3.78mg (222.25%), Iron: 26.84mg (149.1%), Magnesium: 569.23mg (142.31%), Manganese: 2.66mg (133.23%), Copper: 2.66mg (132.82%), Calcium: 1317.47mg (131.75%), Zinc: 16.55mg (110.32%), Fiber: 23.23g (92.9%), Vitamin E: 13.04mg (86.94%), Vitamin B5: 8.56mg (85.63%), Potassium: 2960.97mg (84.6%), Folate: 322.72µg (80.68%), Vitamin B1: 1.1mg (73.05%), Vitamin B3: 13.39mg (66.95%), Vitamin B12: 3.95µg (65.88%), Vitamin B6: 1.14mg (57.02%), Vitamin K: 32.25µg (30.71%), Vitamin D: 3.52µg (23.47%)