



Strawberry Cheesecake Bars

 Popular

READY IN



180 min.

SERVINGS



32

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 eggs
- ☐ 16 oz cream cheese softened
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs

☐ 0.8 cup alouette garlic & herbs spreadable cheese

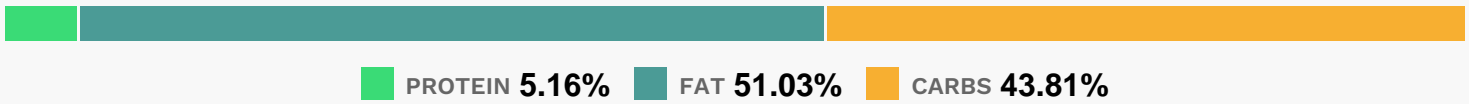
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ ziploc bags

Directions

- ☐ Heat oven to 350°F. Spray bottom of 13x9-inch pan with cooking spray.
- ☐ In medium bowl, stir cookie mix, butter, flour and 1 egg until soft dough forms. Press evenly in pan.
- ☐ Bake 15 to 18 minutes or until light golden brown. Cool 15 minutes.
- ☐ In large bowl, beat cream cheese, sugar, vanilla and 2 eggs with electric mixer on medium speed until smooth.
- ☐ Spread evenly over crust in pan.
- ☐ Place spreadable fruit in small resealable food-storage plastic bag; seal bag.
- ☐ Cut off tiny corner of bag. Squeeze spreadable fruit in 3 lines the length of the pan. Use knife to pull spread from side to side through cream cheese mixture at 1-inch intervals.
- ☐ Bake 25 to 30 minutes longer or until filling is set. Refrigerate until chilled, about 2 hours. For bars, cut into 8 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:3.74, Inflammation Score:-2, Nutrition Score:1.3234782645722%

Nutrients (% of daily need)

Calories: 171.96kcal (8.6%), Fat: 9.87g (15.19%), Saturated Fat: 4.42g (27.65%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 19.05g (6.93%), Sugar: 12.44g (13.82%), Cholesterol: 35.42mg (11.81%), Sodium: 145.81mg (6.34%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.25g (4.49%), Vitamin A: 297.22IU (5.94%), Selenium: 2.67µg (3.82%), Vitamin B2: 0.06mg (3.58%), Phosphorus: 24.39mg (2.44%), Calcium: 16.9mg (1.69%), Folate: 6.58µg (1.64%), Vitamin E: 0.24mg (1.59%), Vitamin B5: 0.15mg (1.48%), Vitamin B1: 0.02mg (1.21%), Vitamin B12: 0.07µg (1.17%)