



Strawberry Jam Bars

 Vegetarian

READY IN



50 min.

SERVINGS



32

CALORIES



147 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.3 cups firmly brown sugar light divided packed
- 0.8 cup butter softened (1-)
- 8 oz philadelphia cream cheese softened
- 1 eggs
- 1.3 cups flour
- 2 cups grain cereal flakes whole with pecans
- 0.8 cup strawberry jam

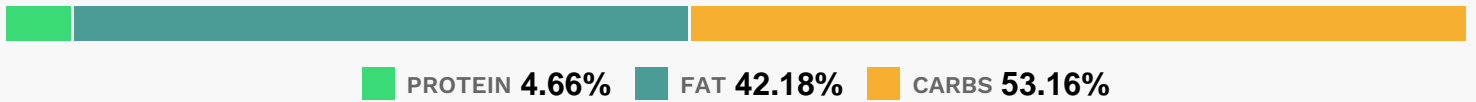
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- Preheat oven to 350F.
- Mix flour and 1 cup of the sugar in large bowl.
- Add butter; mix until crumbly. Stir in cereal.
- Press about 3 cups of the cereal mixture firmly onto bottom of greased 13x9-inch baking pan.
- Mix cream cheese, remaining 1/4 cup sugar and the egg in small bowl until blended; spread evenly over crust. Top with layers of jam and the remaining cereal mixture.
- Bake 25 to 30 min. or until lightly browned. Cool completely on wire rack.
- Cut into triangles or bars.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:5.77, Inflammation Score:-2, Nutrition Score:2.0178260751393%

Nutrients (% of daily need)

Calories: 146.76kcal (7.34%), Fat: 6.95g (10.7%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 19.36g (7.04%), Sugar: 13.16g (14.62%), Cholesterol: 23.71mg (7.9%), Sodium: 72.47mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin B1: 0.08mg (5.1%), Vitamin B2: 0.08mg (4.77%), Vitamin A: 235.56IU (4.71%), Selenium: 3µg (4.29%), Folate: 14.47µg (3.62%), Iron: 0.55mg (3.04%), Calcium: 23.38mg (2.34%), Vitamin B3: 0.47mg (2.33%), Manganese: 0.04mg (2.16%), Vitamin B6: 0.04mg (1.94%), Phosphorus: 18.71mg (1.87%), Vitamin C: 1.33mg (1.61%), Vitamin E: 0.21mg (1.41%), Fiber: 0.35g (1.39%), Copper: 0.02mg (1.07%), Vitamin B5: 0.1mg (1.02%), Potassium: 35.32mg (1.01%)