



Streusel Topped Apple Cheesecake Bars

 Vegetarian

READY IN



210 min.

SERVINGS



9

CALORIES



569 kcal

DESSERT

Ingredients

- 9 graham crackers
- 2 tablespoons granulated sugar
- 1 teaspoon lemon zest grated
- 0.3 cup butter unsalted melted
- 16 oz cream cheese softened
- 2 eggs
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg

- 0.3 cup juice of lemon
- 0.5 cup brown sugar light packed
- 1.5 cups apples chopped
- 1 teaspoon juice of lemon
- 0.8 cup brown sugar light packed
- 0.5 cup flour all-purpose
- 6 tablespoons butter unsalted cold
- 0.7 cup cereal french organic cascadian farm®

Equipment

- food processor
- bowl
- frying pan
- paper towels
- oven
- wire rack

Directions

- Heat oven to 325°F. Lightly grease 8- or 9-inch square pan with butter or cooking spray.
- In food processor, place graham crackers, granulated sugar and lemon peel. Cover; process until fine crumbs form.
- Add melted butter. Cover; process until crumbs are evenly moistened. Press mixture in bottom of pan.
- Bake 10 minutes or until lightly browned. Cool 10 to 15 minutes.
- Meanwhile, wipe food processor bowl with paper towels to remove any crumbs.
- Add cream cheese, eggs, cinnamon, nutmeg, 1/4 cup lemon juice and 1/2 cup brown sugar. Cover; process until smooth and creamy.
- Pour filling over partially baked crust.
- In small bowl, toss apples with 1 teaspoon lemon juice.

- Sprinkle over filling.
- In medium bowl, mix 3/4 cup brown sugar, the flour and cold butter with fork or fingers until crumbly. Stir in granola.
- Sprinkle over apples and filling.
- Bake 35 to 40 minutes or until topping is lightly browned and center is almost set (center should jiggle only slightly when moved). Cool on cooling rack 1 hour. Refrigerate at least 1 hour or until chilled.
- Cut into 3 rows by 3 rows.

Nutrition Facts

PROTEIN 5.06%

FAT 52.89%

CARBS 42.05%

Properties

Glycemic Index:39.23, Glycemic Load:14.76, Inflammation Score:-6, Nutrition Score:8.491304387217%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 568.85kcal (28.44%), Fat: 34.13g (52.51%), Saturated Fat: 18.97g (118.58%), Carbohydrates: 61.07g (20.36%), Net Carbohydrates: 59.32g (21.57%), Sugar: 41.7g (46.34%), Cholesterol: 120.9mg (40.3%), Sodium: 278.14mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Vitamin A: 1132.66IU (22.65%), Manganese: 0.35mg (17.37%), Selenium: 11.81µg (16.87%), Vitamin B2: 0.26mg (15.14%), Phosphorus: 143.71mg (14.37%), Calcium: 106.58mg (10.66%), Iron: 1.79mg (9.92%), Vitamin B1: 0.14mg (9.09%), Vitamin E: 1.3mg (8.68%), Folate: 34.3µg (8.57%), Magnesium: 28.47mg (7.12%), Fiber: 1.75g (7%), Potassium: 222.61mg (6.36%), Zinc: 0.92mg (6.12%), Vitamin B5: 0.6mg (6%), Vitamin B3: 1.15mg (5.74%), Vitamin C: 4.1mg (4.97%), Vitamin B6: 0.1mg (4.92%), Copper: 0.08mg (4.08%), Vitamin B12: 0.23µg (3.85%), Vitamin K: 3.09µg (2.95%), Vitamin D: 0.43µg (2.87%)