



Streusel Topped Apple Cheesecake Bars

 Vegetarian

READY IN



210 min.

SERVINGS



9

CALORIES



588 kcal

DESSERT

Ingredients

- 0.7 cup almonds french organic cascadian farm®
- 1.5 cups apples chopped
- 16 oz cream cheese softened
- 2 eggs
- 0.5 cup flour all-purpose
- 9 graham crackers
- 2 tablespoons granulated sugar
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon nutmeg
- 0.3 cup juice of lemon
- 1 teaspoon juice of lemon
- 1 teaspoon lemon zest grated
- 0.5 cup brown sugar light packed
- 0.8 cup brown sugar light packed
- 0.3 cup butter unsalted melted
- 6 tablespoons butter unsalted cold

Equipment

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

Directions

- Heat oven to 325F. 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 5.66%

FAT 56.37%

CARBS 37.97%

Properties

Glycemic Index:40.34, Glycemic Load:14.86, Inflammation Score:-7, Nutrition Score:10.264347864234%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 587.97kcal (29.4%), Fat: 37.79g (58.14%), Saturated Fat: 19.18g (119.85%), Carbohydrates: 57.28g (19.09%), Net Carbohydrates: 54.68g (19.88%), Sugar: 40.32g (44.8%), Cholesterol: 120.9mg (40.3%), Sodium: 275.26mg (11.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.07%), Vitamin E: 3.67mg (24.44%), Vitamin A: 1132.77IU (22.66%), Vitamin B2: 0.36mg (21.29%), Manganese: 0.35mg (17.36%), Phosphorus: 168.09mg (16.81%), Selenium: 10.68µg (15.25%), Calcium: 127.3mg (12.73%), Magnesium: 48.84mg (12.21%), Fiber: 2.6g (10.41%), Iron: 1.78mg (9.92%), Folate: 35.88µg (8.97%), Vitamin B1: 0.13mg (8.67%), Copper: 0.16mg (8.22%), Potassium: 265.19mg (7.58%), Vitamin B3: 1.44mg (7.22%), Zinc: 1.07mg (7.12%), Vitamin B5: 0.6mg (5.98%), Vitamin B6: 0.1mg (5.1%), Vitamin C: 4.09mg (4.96%), Vitamin B12: 0.22µg (3.74%), Vitamin D: 0.43µg (2.87%), Vitamin K: 2.7µg (2.57%)