



## Sun-Dried Tomato Cheesecake Squares

 Vegetarian

READY IN



90 min.

SERVINGS



15

CALORIES



252 kcal

### Ingredients

- 6 tablespoons butter
- 16 ounces cream cheese
- 1 eggs
- 3 eggs
- 1.3 cups flour all-purpose
- 6 cloves garlic chopped
- 0.5 cup green onions chopped
- 0.5 cup oil-packed sun-dried tomatoes
- 1 tablespoon olive oil

- 2 teaspoons oregano fresh chopped
- 1 cup cup heavy whipping cream sour

## Equipment

- food processor
- bowl
- oven
- blender
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- To Make Crust: In a medium bowl blend flour and butter or margarine until mixture resembles coarse crumbs.
- Add egg and blend just until dough begins to clump. Press dough onto the bottom of a lightly greased 9x13 inch baking dish (dough will be thin).
- Bake in the preheated oven for about 10 minutes, until lightly golden.
- Let cool and set aside (Note: Keep oven on at same heat.)
- Place tomatoes, reserved oil, garlic and oregano in a blender or food processor. Chop finely. Blend in eggs.
- Add cream cheese (should be room temperature) and blend all until smooth.
- Add sour cream and blend until all mixed together.
- Transfer mixture to a medium bowl and stir in green onion. Season with salt and pepper to taste and pour filling into reserved crust.
- Bake in the preheated oven until filling puffs up and is light brown, about 20 minutes. Cool to room temperature and cut into squares.
- Serve.

## Nutrition Facts



■ PROTEIN 8.58% ■ FAT 70.74% ■ CARBS 20.68%

## Properties

Glycemic Index:16.6, Glycemic Load:6.85, Inflammation Score:-6, Nutrition Score:6.7613043785095%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 252.32kcal (12.62%), Fat: 20.2g (31.08%), Saturated Fat: 11.07g (69.18%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 12.33g (4.48%), Sugar: 3.21g (3.57%), Cholesterol: 95.28mg (31.76%), Sodium: 157.33mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.03%), Vitamin A: 774.87IU (15.5%), Selenium: 10.76µg (15.37%), Vitamin B2: 0.23mg (13.27%), Vitamin K: 12.04µg (11.47%), Phosphorus: 96.35mg (9.64%), Manganese: 0.19mg (9.29%), Folate: 33.68µg (8.42%), Vitamin B1: 0.12mg (8.06%), Iron: 1.24mg (6.89%), Calcium: 67.17mg (6.72%), Potassium: 230.91mg (6.6%), Vitamin B5: 0.54mg (5.44%), Vitamin E: 0.78mg (5.2%), Vitamin B3: 1.04mg (5.19%), Copper: 0.09mg (4.59%), Magnesium: 16.87mg (4.22%), Vitamin B6: 0.08mg (3.99%), Fiber: 0.96g (3.83%), Zinc: 0.54mg (3.59%), Vitamin B12: 0.21µg (3.54%), Vitamin C: 2.58mg (3.13%), Vitamin D: 0.23µg (1.56%)