



Toasted Coconut Cheesecake Bars

 Vegetarian

READY IN



180 min.

SERVINGS



15

CALORIES



465 kcal

DESSERT

Ingredients

- 1 box brownie mix dark
- 1 serving vegetable oil for on brownie mix box
- 24 oz cream cheese softened
- 0.8 cup sugar
- 1 teaspoon almond extract
- 3 eggs
- 1.5 cups coconut flakes flaked toasted
- 4 oz baker's chocolate chopped

- 1 serving coconut or toasted

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- aluminum foil
- ziploc bags
- microwave

Directions

- Heat oven to 350°F. Line bottom and sides of 13x9-inch pan with foil, leaving foil overhanging at 2 opposite sides of pan; spray foil with cooking spray.
- Make brownies as directed on box, using water, oil and eggs.
- Spread in pan. In large bowl, beat cream cheese, sugar and almond extract with electric mixer on medium speed until light and fluffy. Beat in eggs, one at a time, just until blended. Fold in 1 1/2 cups coconut. Drop mixture by tablespoonfuls over brownie batter in pan.
- Bake 50 minutes or until cream cheese filling is light brown. Cool completely in pan on cooling rack, about 2 hours. Use foil to lift out of pan.
- Cut into 5 rows by 3 rows.
- In small resealable freezer plastic bag, place bittersweet chocolate; seal bag. Microwave on High about 1 minute or until softened. Gently squeeze bag until chocolate is smooth; cut off tiny corner of bag. Squeeze bag to drizzle chocolate over bars.
- Sprinkle with additional coconut. Store covered in refrigerator.

Nutrition Facts



PROTEIN 5.89% **FAT 58.07%** **CARBS 36.04%**

Properties

Glycemic Index:7.14, Glycemic Load:7.66, Inflammation Score:-5, Nutrition Score:7.512173893659%

Flavonoids

Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg

Nutrients (% of daily need)

Calories: 465.13kcal (23.26%), Fat: 31.18g (47.97%), Saturated Fat: 17.97g (112.34%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 40.85g (14.85%), Sugar: 29.35g (32.61%), Cholesterol: 78.55mg (26.18%), Sodium: 259.42mg (11.28%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 6.05mg (2.02%), Protein: 7.11g (14.23%), Manganese: 0.57mg (28.34%), Copper: 0.33mg (16.52%), Iron: 2.78mg (15.44%), Vitamin A: 656.69IU (13.13%), Selenium: 8.91µg (12.74%), Phosphorus: 114.48mg (11.45%), Fiber: 2.7g (10.8%), Vitamin B2: 0.16mg (9.58%), Magnesium: 37.75mg (9.44%), Zinc: 1.25mg (8.32%), Calcium: 58.99mg (5.9%), Potassium: 183.89mg (5.25%), Vitamin B5: 0.48mg (4.76%), Vitamin E: 0.63mg (4.19%), Vitamin B6: 0.07mg (3.42%), Vitamin K: 3.46µg (3.29%), Vitamin B12: 0.18µg (2.97%), Folate: 11.27µg (2.82%), Vitamin B1: 0.03mg (2.04%), Vitamin D: 0.18µg (1.17%), Vitamin B3: 0.21mg (1.03%)