



Toffee Brown Ale Cheesecake Bars

READY IN



215 min.

SERVINGS



32

CALORIES



197 kcal

DESSERT

Ingredients

- ☐ 0.3 cup ale
- ☐ 1 tablespoon ale
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter cold
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce
- ☐ 1 pouch basic cookie mix (1 lb 1.5 oz)
- ☐ 16 oz cream cheese softened
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose

- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup toffee chips
- ☐ 1 teaspoon vanilla

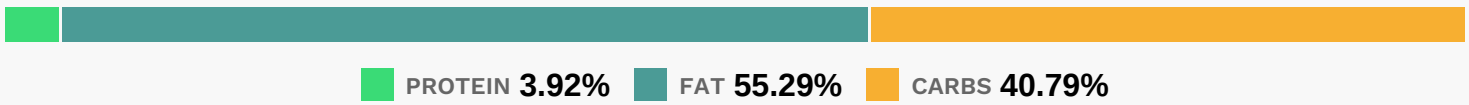
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Heat oven to 350F. Spray bottom and sides of 13x9-inch pan with cooking spray.
- ☐ Place cookie mix in bowl; cut in butter using pastry blender or fork until mixture is crumbly. Reserve 1 1/2 cups mixture for topping. Press remaining mixture in bottom of pan.
- ☐ Bake 10 minutes.
- ☐ Meanwhile, in large bowl, beat cream cheese, sugars, flour, 1/3 cup beer, the vanilla and egg with electric mixer on medium speed until smooth.
- ☐ Spread cream cheese mixture evenly over partially baked cookie base.
- ☐ Sprinkle with reserved crumb topping, pecans and toffee bits.
- ☐ Bake 35 to 40 minutes or until light golden brown. Cool 30 minutes. Refrigerate about 2 hours or until chilled. For bars, cut into 8 rows by 4 rows. To serve, stir together caramel topping and 1 tablespoon beer; drizzle over top of each bar. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:2.83, Inflammation Score:-2, Nutrition Score:1.6760869482937%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Nutrients (% of daily need)

Calories: 196.59kcal (9.83%), Fat: 12.01g (18.48%), Saturated Fat: 5.83g (36.42%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 19.37g (7.05%), Sugar: 14.5g (16.12%), Cholesterol: 30.9mg (10.3%), Sodium: 97.19mg (4.23%), Alcohol: 0.16g (100%), Alcohol %: 0.41% (100%), Protein: 1.92g (3.83%), Vitamin A: 331.56IU (6.63%), Manganese: 0.08mg (4.22%), Vitamin B2: 0.05mg (3.1%), Selenium: 2µg (2.86%), Phosphorus: 26.32mg (2.63%), Fiber: 0.57g (2.28%), Calcium: 20.33mg (2.03%), Vitamin E: 0.28mg (1.86%), Vitamin B1: 0.02mg (1.58%), Vitamin B5: 0.13mg (1.34%), Copper: 0.03mg (1.3%), Potassium: 42.26mg (1.21%), Zinc: 0.18mg (1.19%), Magnesium: 4.26mg (1.06%)