



## Turtle Cheesecake Squares

READY IN



185 min.

SERVINGS



12

CALORIES



207 kcal

DESSERT

### Ingredients

- 1 cup captain crunch peanut butter cereal crushed
- 0.3 cup butter unsalted melted
- 0.5 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 0.3 teaspoon salt
- 1 serving mrs richardson's butterscotch caramel sauce
- 1 serving candied pecans
- 1 serving chocolate chips dark

## Equipment

- bowl
- oven
- baking pan
- hand mixer
- spatula
- glass baking pan

## Directions

- Heat oven to 350°F. In medium bowl, stir together crushed cereal and melted butter until cereal is moistened. Press in bottom of ungreased 8-inch square (2-quart) glass baking dish. Set aside.
- In large bowl, beat cream cheese and sugar with electric mixer on medium speed until combined.
- Add eggs, vanilla and salt; beat until smooth.
- Pour over crust in baking dish; spread with rubber spatula.
- Bake 40 to 50 minutes or until center rises and does not jiggle when touched.
- Remove from oven; cool completely, about 1 hour. Refrigerate at least 1 hour before serving.
- To serve, cut dessert into 4 rows by 3 rows.
- Place servings on dessert plates; garnish each with a drizzle of caramel sauce, some glazed pecans and dark chocolate chips. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:5.84, Glycemic Load:5.82, Inflammation Score:-5, Nutrition Score:8.5965217904228%

## Nutrients (% of daily need)

Calories: 207.13kcal (10.36%), Fat: 6.6g (10.15%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 27.32g (9.94%), Sugar: 19.91g (22.12%), Cholesterol: 37.45mg (12.48%), Sodium: 226.16mg (9.83%), Alcohol: 0.11g (100%), Alcohol %: 0.31% (100%), Protein: 1.82g (3.65%), Folate: 295.76µg (73.94%), Zinc: 3.39mg (22.59%), Vitamin B1: 0.33mg (22.13%), Vitamin B2: 0.35mg (20.44%), Vitamin B6: 0.38mg (18.89%), Vitamin B3: 3.66mg (18.3%), Selenium: 2.4µg (3.42%), Fiber: 0.82g (3.26%), Vitamin A: 160.79IU (3.22%), Phosphorus: 17.08mg (1.71%), Potassium: 51.16mg (1.46%), Vitamin D: 0.22µg (1.45%), Vitamin B12: 0.08µg (1.33%), Vitamin E: 0.19mg (1.26%), Vitamin B5: 0.12mg (1.24%)