



WHATSheATE



White Chocolate and Lime Cheesecake Bars

READY IN



150 min.

SERVINGS



9

CALORIES



430 kcal

DESSERT

Ingredients

- ☐ 11 ounces chocolate sandwich cookies
- ☐ 8 ounce cream cheese room temperature
- ☐ 1 slices lime twists (for garnish)
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon lime zest finely grated
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup whipping cream chilled
- ☐ 7 ounces chocolate white chopped (such as Lindt) (optional garnish)

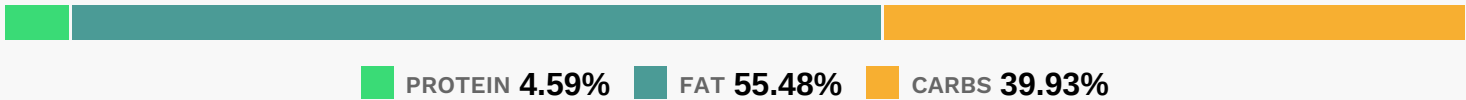
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Line 8x8x2-inch square baking pan with foil, extending over all sides. Stir chopped white chocolate in small metal bowl set over saucepan of barely simmering water until melted and smooth.
- ☐ Remove bowl from over water. Finely grind cookies in processor.
- ☐ Add 2 tablespoons melted white chocolate and blend until mixture clumps together. Firmly press mixture onto bottom of prepared pan. Chill while making filling.
- ☐ Beat whipping cream in medium bowl until peaks form. Beat cream cheese, sugar, lime juice, and lime peel in large bowl until smooth. Beat in remaining melted white chocolate. Fold in whipped cream in 2 additions; spread over prepared crust. Chill until filling is slightly firm, at least 2 hours. Using foil as aid, lift cheesecake out of pan.
- ☐ Cut into 9 bars.
- ☐ Garnish with chocolate curls, if desired, and lime slices or twists.
- ☐ One serving contains the following: Calories (kcal) 396.66;% Calories from Fat 55.9; Fat (g) 24.62; Saturated Fat (g) 14.57; Cholesterol (mg) 50.75; Carbohydrates (g) 39.71; Dietary Fiber (g) 1.14
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:25.68, Glycemic Load:12.31, Inflammation Score:-4, Nutrition Score:7.2569564891898%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 429.86kcal (21.49%), Fat: 27.16g (41.78%), Saturated Fat: 14.37g (89.8%), Carbohydrates: 43.98g (14.66%), Net Carbohydrates: 42.87g (15.59%), Sugar: 32.55g (36.16%), Cholesterol: 45.02mg (15.01%), Sodium: 237.15mg (10.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.11%), Iron: 4.3mg (23.9%), Vitamin B2: 0.23mg (13.49%), Manganese: 0.24mg (12.04%), Vitamin K: 12.49µg (11.9%), Vitamin A: 543.33IU (10.87%), Phosphorus: 106.62mg (10.66%), Vitamin E: 1.42mg (9.47%), Calcium: 85.54mg (8.55%), Selenium: 5.39µg (7.7%), Copper: 0.14mg (6.88%), Folate: 26.09µg (6.52%), Vitamin B1: 0.09mg (6.15%), Magnesium: 22.61mg (5.65%), Potassium: 197.37mg (5.64%), Vitamin B3: 1.11mg (5.53%), Fiber: 1.11g (4.44%), Vitamin B5: 0.42mg (4.25%), Zinc: 0.58mg (3.89%), Vitamin B12: 0.2µg (3.33%), Vitamin C: 2.11mg (2.56%), Vitamin B6: 0.04mg (2.08%), Vitamin D: 0.21µg (1.41%)