



White Chocolate Cheesecake Bars

READY IN



280 min.

SERVINGS



16

CALORIES



309 kcal

DESSERT

Ingredients

- 1.3 cups chocolate wafers such as nabisco famous crushed thin
- 6 tablespoons butter melted
- 16 oz cream cheese softened
- 0.5 cup sugar
- 1 teaspoon vanilla
- 2 eggs
- 6 oz chocolate white chopped (1 cup)
- 1 tablespoon flour all-purpose
- 1 leaves raspberries fresh

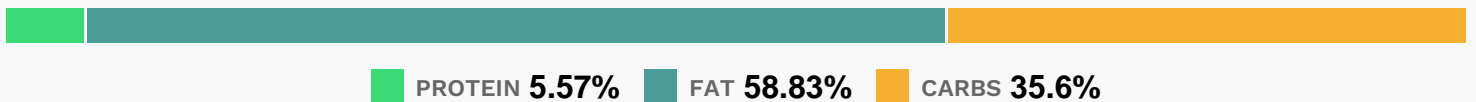
Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 350°F. Grease 8-inch square pan with shortening or cooking spray. In small bowl, mix crushed cookies and butter. Press in bottom of pan.
- Bake 10 minutes. Cool completely, about 20 minutes.
- Reduce oven temperature to 325°F. In large bowl, beat cream cheese, sugar and vanilla with electric mixer on medium speed until light and fluffy. Beat in eggs, one at a time, just until blended. In small bowl, mix chopped white chocolate and flour; fold into cream cheese mixture.
- Spread batter over crust.
- Bake 28 to 30 minutes or until edges are set but center still jiggles slightly. Cool completely in pan on cooling rack, about 1 hour. Refrigerate 2 hours before serving.
- Cut into 4 rows by 4 rows.
- Garnish with raspberries and mint.

Nutrition Facts



Properties

Glycemic Index:19.85, Glycemic Load:15.78, Inflammation Score:-4, Nutrition Score:4.4799999662715%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 308.69kcal (15.43%), Fat: 20.56g (31.64%), Saturated Fat: 9.62g (60.14%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 27.34g (9.94%), Sugar: 20.54g (22.83%), Cholesterol: 51.7mg (17.23%), Sodium: 263.2mg (11.44%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 4.38g (8.75%), Vitamin A: 603.65IU (12.07%), Vitamin B2: 0.18mg (10.31%), Phosphorus: 86.08mg (8.61%), Selenium: 5.86µg (8.36%), Manganese: 0.14mg (6.93%), Calcium: 59.22mg (5.92%), Copper: 0.1mg (5.12%), Iron: 0.92mg (5.11%), Vitamin E: 0.7mg (4.67%), Vitamin B5: 0.39mg (3.88%), Folate: 15.49µg (3.87%), Vitamin B1: 0.06mg (3.81%), Magnesium: 14.59mg (3.65%), Potassium: 117.53mg (3.36%), Vitamin B3: 0.67mg (3.34%), Zinc: 0.5mg (3.32%), Vitamin B12: 0.19µg (3.21%), Fiber: 0.67g (2.67%), Vitamin B6: 0.04mg (2.07%), Vitamin K: 2.03µg (1.93%)