



## Yogurt Raspberry Cheesecake Bars

READY IN



155 min.

SERVINGS



36

CALORIES



129 kcal

DESSERT

### Ingredients

- 17.5 oz basic cookie mix
- 0.5 cup butter softened
- 1 eggs
- 8 oz cream cheese softened
- 0.3 cup flour all-purpose
- 2 eggs
- 6 oz broccoli and cheese rice mix light fat free yoplait®
- 2 cups raspberries fresh frozen thawed

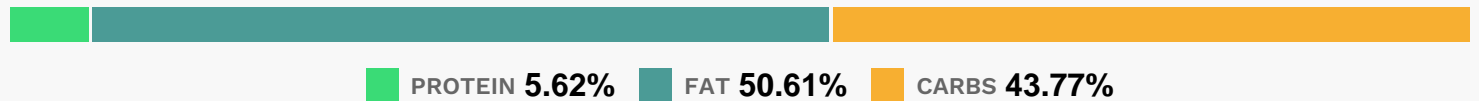
## Equipment

- bowl
- frying pan
- oven
- hand mixer

## Directions

- Heat oven to 350 F. Spray bottom and sides of 13x9 inch pan with cooking spray.
- In medium bowl, stir cookie mix, butter and 1 egg until stiff dough forms. Reserve 1/2 cup of the dough. Using floured fingers, press remaining dough in bottom of pan.
- Bake 10 minutes.
- Meanwhile, in large bowl, beat cream cheese, flour, eggs and yogurt with electric mixer on medium speed until smooth.
- Spread evenly over partially baked base; top with raspberries. Crumble reserved oatmeal dough over top.
- Bake 30 to 35 minutes or until top is light golden brown. Cool 10 minutes. Refrigerate about 2 hours or until chilled. For bars, cut into 9 rows by 4 rows.
- Garnish bars with fresh raspberries, if desired. Cover and refrigerate any remaining bars.

## Nutrition Facts



## Properties

Glycemic Index:3.56, Glycemic Load:0.67, Inflammation Score:-2, Nutrition Score:1.5165217285571%

## Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin:

0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 129.48kcal (6.47%), Fat: 7.2g (11.08%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 13.12g (4.77%), Sugar: 7.04g (7.82%), Cholesterol: 21.37mg (7.12%), Sodium: 87.23mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin A: 219.71IU (4.39%), Fiber: 0.9g (3.59%), Selenium: 1.98µg (2.82%), Manganese: 0.05mg (2.62%), Vitamin B2: 0.04mg (2.53%), Vitamin C: 1.8mg (2.18%), Iron: 0.35mg (1.94%), Phosphorus: 17.6mg (1.76%), Vitamin E: 0.25mg (1.66%), Folate: 5.31µg (1.33%), Vitamin B5: 0.12mg (1.21%), Potassium: 41.87mg (1.2%), Calcium: 11.71mg (1.17%), Vitamin B1: 0.02mg (1.07%)