



Yogurt Raspberry Cheesecake Bars

 Popular

READY IN



155 min.

SERVINGS



36

CALORIES



119 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 pouch basic cookie mix (1 lb 1.5 oz)
- ☐ 8 oz cream cheese softened
- ☐ 1 eggs
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups raspberries fresh frozen thawed
- ☐ 6 oz yogurt light fat free yoplait®

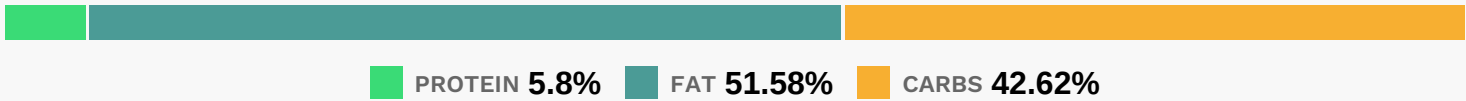
Equipment

- ☐ 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:4.08, Glycemic Load:0.71, Inflammation Score:-2, Nutrition Score:1.5808695606563%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg 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 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: 119.4kcal (5.97%), Fat: 6.76g (10.4%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 12.56g (4.19%), Net Carbohydrates: 11.76g (4.27%), Sugar: 7.26g (8.06%), Cholesterol: 20.62mg (6.87%), Sodium: 71.44mg (3.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin A: 224.06IU (4.48%), Fiber: 0.81g (3.23%), Selenium: 2.08µg (2.97%), Vitamin B2: 0.05mg (2.93%), Manganese: 0.05mg (2.62%), Phosphorus: 22.09mg (2.21%), Vitamin C: 1.78mg (2.15%), Vitamin E: 0.25mg (1.68%), Calcium: 16.62mg (1.66%), Folate: 5.64µg (1.41%), Vitamin B5: 0.14mg (1.39%), Vitamin B1: 0.02mg (1.16%), Iron: 0.21mg (1.16%), Vitamin B12: 0.07µg (1.12%), Potassium: 39.22mg (1.12%)