

# Fresh Raspberry-Lemon Cheesecake Bars

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## Yield: 18 bars

*2 cups graham cracker crumbs*  
*2 tablespoons sugar*  
*6 tablespoons butter, melted*  
*3 cups (12 ounces) raspberries, divided*  
*1 tablespoon lemon zest*  
*1 tablespoon lemon juice*  
*4 packages (8 ounces ea) cream cheese, softened*  
*4 eggs*

## Preparation Time: 15 minutes

Preheat the oven to 325 degrees.

Line a 13x9-inch baking pan with foil, with the ends extending over the sides.

In a bowl, combine the graham cracker crumbs, two tablespoons of sugar and the butter. Press onto the bottom of the prepared pan.

Bake for 10 minutes.

Reserve 1/2-cup of raspberries and one teaspoon of lemon zest for later use.

In a large bowl, beat the cream cheese, lemon juice, remaining lemon zest and one cup of sugar with a mixer until blended. Add the eggs, one at a time, mixing on low speed after each, just until blended. Gently stir in the remaining raspberries. Pour the mixture over the crust.

Bake for 35 to 40 minutes or until the center is almost set. Cool completely.

Refrigerate for four hours.

Top with the reserved raspberries and lemon zest. Use the foil handles to remove the cheesecake from the pan before cutting it into bars.

Start to Finish Time: 6 hours 5 minutes

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Per Serving (excluding unknown items): 4963 Calories; 429g Fat (76.9% calories from fat); 108g Protein; 183g Carbohydrate; 6g Dietary Fiber; 2052mg Cholesterol; 4742mg Sodium. Exchanges: 8 1/2 Grain(Starch); 13 1/2 Lean Meat; 0 Fruit; 78 Fat; 1 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	4963	<b>Vitamin B6 (mg):</b>	.8mg
<b>% Calories from Fat:</b>	76.9%	<b>Vitamin B12 (mcg):</b>	6.6mcg
<b>% Calories from Carbohydrates:</b>	14.6%	<b>Thiamin B1 (mg):</b>	.6mg
<b>% Calories from Protein:</b>	8.6%	<b>Riboflavin B2 (mg):</b>	3.3mg
<b>Total Fat (g):</b>	429g	<b>Folacin (mcg):</b>	254mcg
<b>Saturated Fat (g):</b>	257g	<b>Niacin (mg):</b>	8mg
<b>Monounsaturated Fat (g):</b>	127g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	20g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	2052mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	183g		
<b>Dietary Fiber (g):</b>	6g		
<b>Protein (g):</b>	108g		
<b>Sodium (mg):</b>	4742mg		
<b>Potassium (mg):</b>	1663mg		
<b>Calcium (mg):</b>	917mg		
<b>Iron (mg):</b>	21mg		
<b>Zinc (mg):</b>	9mg		
<b>Vitamin C (mg):</b>	16mg		
<b>Vitamin A (i.u.):</b>	16833IU		
<b>Vitamin A (r.e.):</b>	4915 1/2RE		

## Food Exchanges

<b>Grain (Starch):</b>	8 1/2
<b>Lean Meat:</b>	13 1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	78
<b>Other Carbohydrates:</b>	1 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 4963                      **Calories from Fat:** 3814

### % Daily Values\*

<b>Total Fat</b> 429g	661%
Saturated Fat 257g	1286%
<b>Cholesterol</b> 2052mg	684%
<b>Sodium</b> 4742mg	198%
<b>Total Carbohydrates</b> 183g	61%
Dietary Fiber 6g	23%
<b>Protein</b> 108g	
<b>Vitamin A</b>	337%
<b>Vitamin C</b>	27%
<b>Calcium</b>	92%
<b>Iron</b>	118%

\* Percent Daily Values are based on a 2000 calorie diet.