

# Lemony Cheese Bars

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Community Living Committee - All Saint's Church Hammond, IN 1987

3/4 cup graham cracker crumbs  
1/2 cup nuts, finely chopped  
2 tablespoons sugar  
1/4 cup margarine, melted  
1 package (8 ounce) cream cheese,  
softened  
1 can (14 ounce) sweetened condensed  
milk  
2 tablespoons lemon juice  
1 egg  
1 teaspoon vanilla extract

Preheat the oven to 325 degrees.

In a medium mixing bowl, combine the crumbs, nuts, sugar and margarine. Mix well. Reserve one-half cup for topping. Press the remaining mixture on the bottom of a 12x7-inch baking dish. Bake for 10 minutes.

In a large bowl, beat the cream cheese until fluffy. Gradually beat in the sweetened condensed milk and then the lemon juice, egg and vanilla extract. Pour the mixture over the crust. Sprinkle the reserved topping over the top.

Bake for 20 minutes or until the cake springs back when lightly touched near the center.

Cool and chill thoroughly.

Cut into bars and store in the refrigerator.

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Per Serving (excluding unknown items): 3093 Calories; 204g Fat (58.2% calories from fat); 65g Protein; 266g Carbohydrate; 9g Dietary Fiber; 570mg Cholesterol; 2067mg Sodium. Exchanges: 4 Grain(Starch); 4 1/2 Lean Meat; 0 Fruit; 38 Fat; 12 1/2 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	3093	Vitamin B6 (mg):	.5mg
% Calories from Fat:	58.2%	Vitamin B12 (mcg):	3.0mcg
% Calories from Carbohydrates:	33.6%	Thiamin B1 (mg):	.8mg

% Calories from Protein:	8.2%
Total Fat (g):	204g
Saturated Fat (g):	85g
Monounsaturated Fat (g):	80g
Polyunsaturated Fat (g):	29g
Cholesterol (mg):	570mg
Carbohydrate (g):	266g
Dietary Fiber (g):	9g
Protein (g):	65g
Sodium (mg):	2067mg
Potassium (mg):	2040mg
Calcium (mg):	1190mg
Iron (mg):	9mg
Zinc (mg):	9mg
Vitamin C (mg):	22mg
Vitamin A (i.u.):	6596IU
Vitamin A (r.e.):	1824RE

Riboflavin B2 (mg):	2.3mg
Folacin (mcg):	163mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	n n%

### Food Exchanges

Grain (Starch):	4
Lean Meat:	4 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	38
Other Carbohydrates:	12 1/2

## Nutrition Facts

### Amount Per Serving

Calories 3093                      Calories from Fat: 1799

### % Daily Values\*

<b>Total Fat</b> 204g	314%
Saturated Fat 85g	425%
<b>Cholesterol</b> 570mg	190%
<b>Sodium</b> 2067mg	86%
<b>Total Carbohydrates</b> 266g	89%
Dietary Fiber 9g	36%
<b>Protein</b> 65g	
<b>Vitamin A</b>	132%
<b>Vitamin C</b>	37%
<b>Calcium</b>	119%
<b>Iron</b>	49%

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