

Walnut Cheesecake Bars

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 16 bars

1/3 cup butter or margarine
1/3 cup brown sugar, firmly packed
1 cup all-purpose flour
1/2 cup chopped walnuts
1/4 cup sugar
1 package (8 ounce) cream cheese,
softened
1 egg, slightly beaten
2 tablespoons milk
1 tablespoon lemon juice
1/2 teaspoon vanilla extract

Preheat the oven to 350 degrees.

In a bowl, cream the butter and brown sugar until light. Add the flour and nuts. Stir with a wooden spoon until crumbly. Set aside one cup for topping. Press the remaining crumbs into an ungreased eight-inch square baking pan.

Bake for 12 to 15 minutes. Cool completely.

In a small bowl, combine the sugar and cream cheese. Beat until smooth. Add the egg, milk, lemon juice and vanilla extract. Beat well. Spread evenly over the cooled prepared crust. Sprinkle the reserved crumbs over the top.

Bake for 25 to 30 minutes.

Cool before cutting into bars.

Refrigerate.

Per Serving (excluding unknown items): 2657 Calories; 184g Fat (61.2% calories from fat); 54g Protein; 209g Carbohydrate; 7g Dietary Fiber; 635mg Cholesterol; 1411mg Sodium. Exchanges: 7 Grain(Starch); 5 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 33 1/2 Fat; 6 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2657	Vitamin B6 (mg):	.6mg
% Calories from Fat:	61.2%	Vitamin B12 (mcg):	1.8mcg

% Calories from Carbohydrates:	30.9%
% Calories from Protein:	7.9%
Total Fat (g):	184g
Saturated Fat (g):	93g
Monounsaturated Fat (g):	51g
Polyunsaturated Fat (g):	30g
Cholesterol (mg):	635mg
Carbohydrate (g):	209g
Dietary Fiber (g):	7g
Protein (g):	54g
Sodium (mg):	1411mg
Potassium (mg):	1056mg
Calcium (mg):	363mg
Iron (mg):	12mg
Zinc (mg):	5mg
Vitamin C (mg):	9mg
Vitamin A (i.u.):	6070IU
Vitamin A (r.e.):	1665RE

Thiamin B1 (mg):	1.2mg
Riboflavin B2 (mg):	1.4mg
Folacin (mcg):	294mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	6
% Refined:	0.0%

Food Exchanges

Grain (Starch):	7
Lean Meat:	5 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	33 1/2
Other Carbohydrates:	6 1/2

Nutrition Facts

Amount Per Serving

Calories 2657 Calories from Fat: 1625

% Daily Values*

Total Fat 184g	283%
Saturated Fat 93g	467%
Cholesterol 635mg	212%
Sodium 1411mg	59%
Total Carbohydrates 209g	70%
Dietary Fiber 7g	26%
Protein 54g	
Vitamin A	121%
Vitamin C	16%
Calcium	36%
Iron	69%

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