

'Philly' Cheesecake

Favorite Recipes Magazine - Philadelphia Cream Cheese

Servings: 10

CRUST

*1 cup graham cracker crumbs
3 tablespoons margarine, melted*

FILLING

*2 packages (8 ounce ea) Philadelphia cream cheese, softened
1/2 cup sugar
1 tablespoon lemon juice
1 teaspoon grated lemon peel
1/2 teaspoon vanilla
2 eggs, separated*

Preheat the oven to 325 degrees.

Combine the crumbs and margarine. Press onto the bottom of a nine-inch springform pan. Bake for 10 minutes.

Reduce the oven temperature to 300 degrees.

Combine the cream cheese, sugar, lemon juice, lemon peel and vanilla, mixing at medium speed with an electric mixer until well blended. Add the egg yolks, one at a time, mixing well after each addition. Fold in stiffly beaten egg whites. Pour over the crust.

Bake for 45 minutes.

Loosen the cake from the rim of the pan. Cool before removing the rim from the pan. Chill.

Serve with fresh fruit or cherry pie filling, if desired.

Per Serving (excluding unknown items): 121 Calories; 5g Fat (38.8% calories from fat); 2g Protein; 17g Carbohydrate; trace Dietary Fiber; 42mg Cholesterol; 105mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	121	Vitamin B6 (mg):	trace
% Calories from Fat:	38.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	55.1%	Thiamin B1 (mg):	trace

% Calories from Protein:	6.2%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	42mg
Carbohydrate (g):	17g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	105mg
Potassium (mg):	29mg
Calcium (mg):	9mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	201IU
Vitamin A (r.e.):	48RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	1
% Refuse:	n.n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 121 **Calories from Fat:** 47

% Daily Values*

Total Fat 5g	8%
Saturated Fat 1g	6%
Cholesterol 42mg	14%
Sodium 105mg	4%
Total Carbohydrates 17g	6%
Dietary Fiber trace	1%
Protein 2g	
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Vitamin A	4%
Vitamin C	2%
Calcium	1%
Iron	3%

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