

Aloha Cheesecake

Favorite Recipes Magazine - Philadelphia Cream Cheese

Servings: 10

CRUST

1 cup vanilla wafer crumbs

1/4 cup margarine, melted

FILLING

2 packages (8 ounce ea) Philadelphia cream cheese, softened

1/3 cup sugar

2 tablespoons milk

2 eggs

1/2 cup chopped macadamia nuts, toasted

1 can (8-1/4 ounce) crushed

pineapple, drained

1 kiwi fruit, peeled and sliced

Preheat the oven to 350 degrees.

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

Combine the cream cheese, sugar and milk, mixing at medium speed with an electric mixer until well blended. Add the eggs, one at a time, mixing well after each addition. Stir in the nuts. 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.

Before serving, top with the kiwi fruit.

Per Serving (excluding unknown items): 185 Calories; 12g Fat (55.6% calories from fat); 3g Protein; 19g Carbohydrate; 1g Dietary Fiber; 47mg Cholesterol; 95mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	185	Vitamin B6 (mg):	.1mg
% Calories from Fat:	55.6%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	39.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	12g	Folacin (mcg):	11mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	47mg
Carbohydrate (g):	19g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	95mg
Potassium (mg):	109mg
Calcium (mg):	25mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	10mg
Vitamin A (i.u.):	279IU
Vitamin A (r.e.):	63RE

Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 185	Calories from Fat: 103
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% Daily Values*

Total Fat 12g	18%
Saturated Fat 2g	11%
Cholesterol 47mg	16%
Sodium 95mg	4%
Total Carbohydrates 19g	6%
Dietary Fiber 1g	5%
Protein 3g	
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Vitamin A	6%
Vitamin C	16%
Calcium	2%
Iron	4%

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