

Baked Cheesecakes (Mini)

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 36 cheesecakes

8 ounces sweet biscuits, finely crushed

4 ounces butter, melted

8 ounces cream cheese, softened

1/2 cup sour cream

1/2 cup superfine sugar

2 egg yolks

1 tablespoon lemon juice

2 teaspoons plain flour

2 egg whites

Preheat the oven to 315 degrees.

Grease three deep twelve-hole muffin tins. Place a thin strip of baking paper in the bottom and extending up the sides of each cup.

In a bowl, finely crush the sweet biscuits. Stir in the melted butter. Firmly press one heaped teaspoon of the mixture into each muffin cup. Refrigerate.

In a bowl, beat the cream cheese, sour cream and superfine sugar until smooth. Mix in the egg yolks, lemon juice and flour.

In a bowl, beat the egg whites until stiff peaks form. Fold through the cream cheese mixture.

Spoon one teaspoon of the filling into each cup.

Bake for 15 to 20 minutes, until set.

Cool.

Per Serving (excluding unknown items): 2007 Calories; 205g Fat (90.6% calories from fat); 34g Protein; 14g Carbohydrate; trace Dietary Fiber; 973mg Cholesterol; 1792mg Sodium. Exchanges: 4 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 39 Fat.

Appetizers, Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2007	Vitamin B6 (mg):	.2mg
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% Calories from Fat: 90.6%
 % Calories from Carbohydrates: 2.7%
 % Calories from Protein: 6.7%
 Total Fat (g): 205g
 Saturated Fat (g): 125g
 Monounsaturated Fat (g): 60g
 Polyunsaturated Fat (g): 9g
 Cholesterol (mg): 973mg
 Carbohydrate (g): 14g
 Dietary Fiber (g): trace
 Protein (g): 34g
 Sodium (mg): 1792mg
 Potassium (mg): 612mg
 Calcium (mg): 393mg
 Iron (mg): 4mg
 Zinc (mg): 3mg
 Vitamin C (mg): 8mg
 Vitamin A (i.u.): 8261IU
 Vitamin A (r.e.): 2300 1/2RE

Vitamin B12 (mcg): 2.6mcg
 Thiamin B1 (mg): .1mg
 Riboflavin B2 (mg): 1.1mg
 Folacin (mcg): 98mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 4
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 1/2
 Fat: 39
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2007 **Calories from Fat:** 1819

% Daily Values*

Total Fat	205g	316%
Saturated Fat	125g	626%
Cholesterol	973mg	324%
Sodium	1792mg	75%
Total Carbohydrates	14g	5%
Dietary Fiber	trace	0%
Protein	34g	
Vitamin A		165%
Vitamin C		13%
Calcium		39%
Iron		23%

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