

Cheesecake In A Minute

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

CRUST

1 1/2 cups graham cracker crumbs

1/4 cup brown sugar

1/2 cup butter or margarine, melted

FILLING

1/3 cup fruit juice (any flavor)

1 1/2 envelopes unflavored gelatin

1 cup cream cheese, softened

2/3 cup sugar

1 cup cottage cheese, drained

1 tablespoon vanilla extract

1 cup whipped cream

3 kiwis, sliced

1 orange, peeled, pith removed and sectioned

1 apple, sliced

1/4 cup pecans

For the crust: Preheat the oven to 350 degrees.

Butter a springform cake pan. Set aside.

In a bowl, mix the graham cracker crumbs, brown sugar and butter. Press the mixture over the bottom and along the sides of the pan.

Bake in the oven for 9 minutes or so. Set aside to cool.

For the filling: In a small saucepan, while stirring, heat the fruit juice and gelatin until the gelatin dissolves fully. Set aside.

In a bowl, whip the cream cheese and sugar until soft peaks form. Fold in the cottage cheese. Set aside.

While the gelatin mixture is still liquid, add the vanilla. Pour into the cheese mixture, beating vigorously. With a spatula, gently fold in the whipped cream. Pour into the crust. Refrigerate for two to three hours (or freeze for one hour).

Unmold the cake. Garnish with the kiwi, orange and apple slices and pecans.

Per Serving (excluding unknown items): 431 Calories; 20g Fat (41.3% calories from fat); 9g Protein; 55g Carbohydrate; 2g Dietary Fiber; 55mg Cholesterol; 344mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	431	Vitamin B6 (mg):	.1mg
% Calories from Fat:	41.3%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	50.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	20g	Folacin (mcg):	18mcg
Saturated Fat (g):	11g	Niacin (mg):	1mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	5
Cholesterol (mg):	55mg	% Daily Value:	n n%
Carbohydrate (g):	55g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1
Protein (g):	9g	Lean Meat:	1
Sodium (mg):	344mg	Vegetable:	0
Potassium (mg):	174mg	Fruit:	1/2
Calcium (mg):	69mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	3 1/2
Zinc (mg):	1mg	Other Carbohydrates:	2 1/2
Vitamin C (mg):	10mg		
Vitamin A (i.u.):	700IU		
Vitamin A (r.e.):	198 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 431 **Calories from Fat:** 178

% Daily Values*

Total Fat 20g	31%
Saturated Fat 11g	54%
Cholesterol 55mg	18%
Sodium 344mg	14%
Total Carbohydrates 55g	18%
Dietary Fiber 2g	6%
Protein 9g	
Vitamin A	14%
Vitamin C	16%
Calcium	7%
Iron	7%

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