

Choco-Coco Cheesecake

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

CRUST

1 cup graham cracker crumbs

2/3 cup grated coconut

1/3 cup butter

2 tablespoons cocoa

FILLING

2 1/2 cups cream cheese, softened

1 1/2 cups sugar

2 tablespoons flour

4 eggs

1/3 cup heavy cream

1 tablespoon vanilla extract

1/2 cup semisweet chocolate, melted

1/3 cup grated coconut

2 ounces chocolate

2 teaspoons shortening

For the crust: Butter a springform cake pan.

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

For the filling: Preheat the oven to 325 degrees.

In a large bowl, whip the cream cheese until smooth. Set aside.

In a second bowl, mix the sugar and flour. Fold into the cheese. Add the eggs, mixing well.

In a third bowl, mix the cream and vanilla extract. Fold in the melted chocolate and grated coconut. Pour into the pan.

Bake in the oven for one hour or so.

Let the cake cool on a wire rack for 15 minutes. Release the spring. Run a knife along the sides of the pan. Let cool for 30 minutes. Unclip the pan. Refrigerate for two hours.

Meanwhile, in a small saucepan, melt the chocolate and shortening. Remove the cake from the refrigerator. Pour the chocolate over the cake in a spiral. With a knife, decorate by tracing lines across the cake.

Refrigerate 15 minutes before serving.

Per Serving (excluding unknown items): 691 Calories; 47g Fat (59.3% calories from fat); 11g Protein; 62g Carbohydrate; 1g Dietary Fiber; 219mg Cholesterol; 397mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 8 1/2 Fat; 3 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	691	Vitamin B6 (mg):	.1mg
% Calories from Fat:	59.3%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	34.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	47g	Folacin (mcg):	25mcg
Saturated Fat (g):	28g	Niacin (mg):	1mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	14mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	5
Cholesterol (mg):	219mg	% Refuse:	n n%
Carbohydrate (g):	62g		
Dietary Fiber (g):	1g		
Protein (g):	11g		
Sodium (mg):	397mg		
Potassium (mg):	227mg		
Calcium (mg):	90mg		
Iron (mg):	3mg		
Zinc (mg):	1mg		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	1591IU		
Vitamin A (r.e.):	459 1/2RE		

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	8 1/2
Other Carbohydrates:	3

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 691 **Calories from Fat:** 410

% Daily Values*

Total Fat 47g	72%
Saturated Fat 28g	138%
Cholesterol 219mg	73%
Sodium 397mg	17%
Total Carbohydrates 62g	21%
Dietary Fiber 1g	5%
Protein 11g	
Vitamin A	32%
Vitamin C	0%
Calcium	9%
Iron	14%

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