

Classic Cheesecake

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

CRUST

1 1/2 cups graham cracker crumbs

3 tablespoons brown sugar

1/2 cup butter, melted

FILLING

1 cup cottage cheese

1 pound cream cheese, softened

1 cup sugar

2 tablespoons all-purpose flour

2 teaspoons vanilla extract

3 eggs

1/4 cup milk

1 cup sour cream

1 cup strawberries, sliced

For the crust: Butter an eight-inch springform cake pan. Set aside.

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

For the filling: Preheat the oven to 375 degrees.

In a large bowl, whip the cottage cheese until smooth. Fold in the cream cheese, sugar, flour and vanilla extract. Stir in the eggs. With a spatula, add the milk. Pour into the pan.

Bake in the oven for 45 to 55 minutes.

Remove from the oven. Spread the sour cream over the cake. Let cool for 30 minutes before unmolding. Refrigerate for three to four hours.

Decorate with the strawberries. Serve.

Variation #1: Replace the strawberries with blueberries or kiwis.

Variation #2: Sprinkle grated coconut over the cake.

Per Serving (excluding unknown items): 611 Calories; 42g Fat (60.6% calories from fat); 13g Protein; 48g Carbohydrate; 1g Dietary Fiber; 189mg Cholesterol; 542mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 7 1/2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	611	Vitamin B6 (mg):	.1mg
% Calories from Fat:	60.6%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	30.9%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	8.5%
Total Fat (g):	42g
Saturated Fat (g):	25g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	189mg
Carbohydrate (g):	48g
Dietary Fiber (g):	1g
Protein (g):	13g
Sodium (mg):	542mg
Potassium (mg):	243mg
Calcium (mg):	130mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	1596IU
Vitamin A (r.e.):	455RE

Riboflavin B2 (mg):	.4mg
Folacin (mcg):	33mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	3
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	7 1/2
Other Carbohydrates:	2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 611 **Calories from Fat:** 370

% Daily Values*

Total Fat 42g	64%
Saturated Fat 25g	124%
Cholesterol 189mg	63%
Sodium 542mg	23%
Total Carbohydrates 48g	16%
Dietary Fiber 1g	4%
Protein 13g	
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Vitamin A	32%
Vitamin C	18%
Calcium	13%
Iron	11%

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