

Coconut-Lime Cheesecake with Mango Coulis

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Servings: 8

3/4 cup sweetened flaked coconut
3/4 cup crushed gingersnap cookies
3 tablespoons butter, melted
2 packages (8 ounce) cream cheese, softened
1 can (10 ounce) sweetened condensed milk
2 eggs
1 tablespoon lime zest
2 tablespoons lime juice
1 tablespoon coconut extract
2 cups cubed fresh mango
1 teaspoon white sugar (or more to taste)

Bake:

Preheat the oven to 325 degrees.

Lightly grease a nine-inch springform pan.

In a bowl, combine coconut, gingersnap cookies and the melted butter. Mix until evenly moistened. Press the cookie mixture into the bottom and slightly up the sides of the prepared pan.

Bake the crust in the preheated oven until browned and set, about 10 minutes. Set aside to cool.

Reduce the oven heat to 300 degrees.

Beat the softened cream cheese in a mixer bowl until smooth. With the beater set to medium-low, slowly pour the condensed milk into the bowl, mixing only until just blended, stopping to scrape the sides of the bowl as necessary. Add the eggs, individually, allowing the first to blend into the mixture before adding the second. Again, scrape the sides of the bowl as necessary.

Pour about half of the cream cheese batter into a separate bowl. Stir the lime juice and lime zest into the portion in the new bowl. Pour the batter over the crust in the springform pan, smoothing into an even layer.

Stir the coconut extract through the remaining cream cheese batter. Pour over the lime-flavored batter in the springform pan, smoothing into an even layer.

Bake in the preheated oven until the top of the cheesecake springs back when gently pressed, about 45 minutes. Turn the oven heat off, but leave the cheesecake inside with the oven door slightly ajar until the oven cools completely. Refrigerate until completely chilled.

Prepare the mango coulis by puree'ing the mango with sugar until smooth. If too thick, add a teaspoon of water at a time, using just enough to make pourable. Drizzle over the cheesecake when plated.

Per Serving (excluding unknown items): 383 Calories; 29g Fat (67.2% calories from fat); 9g Protein; 23g Carbohydrate; trace Dietary Fiber; 141mg Cholesterol; 281mg Sodium. Exchanges: 1 Lean Meat; 0 Fruit; 5 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	383	Vitamin B6 (mg):	.1mg
% Calories from Fat:	67.2%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	23.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.3%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	29g	Folacin (mcg):	19mcg
Saturated Fat (g):	18g	Niacin (mg):	trace
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	141mg	% Refused:	0 0%
Carbohydrate (g):	23g		
Dietary Fiber (g):	trace		
Protein (g):	9g		
Sodium (mg):	281mg		
Potassium (mg):	235mg		
Calcium (mg):	164mg		
Iron (mg):	1mg		
Zinc (mg):	1mg		
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	1177IU		
Vitamin A (r.e.):	345RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 383 **Calories from Fat:** 258

% Daily Values*

Total Fat 29g	45%
Saturated Fat 18g	90%
Cholesterol 141mg	47%
Sodium 281mg	12%

Dietary Fiber	trace	8%
Protein	9g	0%
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Vitamin A		24%
Vitamin C		5%
Calcium		16%
Iron		6%

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