

Figure-Friendly Cheesecake

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CRUST

1 3/4 cups graham cracker crumbs

1/3 cup butter

3 tablespoons sugar

1/3 teaspoon ground cinnamon

FILLING

2 cups Friendship 1% lowfat cottage cheese

2 packages (8 ounce ea) lowfat cream cheese, softened

1 cup sugar

4 eggs

1/2 tablespoon lemon juice

1/2 tablespoon lemon zest

1 teaspoon vanilla extract

1/4 cup all-purpose flour

2 cups Friendship light sour cream

Preparation Time: 20 minutes

Cook Time: 1 hour 10 minutes

Preheat the oven to 325 degrees.

Combine the crust ingredients and press evenly over the bottom and slightly up the sides of a ten-inch springform pan.

In a food processor, puree' the cottage cheese and set aside.

In a mixing bowl, beat the cream cheese and sugar. Add the eggs, one at a time, beating well after each addition. Beat in the lemon juice, lemon zest, vanilla, flour, sour cream and puree'd cottage cheese just until evenly mixed. Pour into the pan.

Bake in the center of the oven for 60 to 70 minutes or until the filling is just set. Turn the oven off, open the door and let sit in the oven for 60 minutes.

Remove the sides from the pan and refrigerate overnight.

Serve with fresh fruit. Slice with a wet knife.

Per Serving (excluding unknown items): 2637 Calories; 106g Fat (35.7% calories from fat); 45g Protein; 383g Carbohydrate; 6g Dietary Fiber; 1044mg Cholesterol; 2186mg Sodium. Exchanges: 9 Grain(Starch); 4 Lean Meat; 0 Fruit; 18 Fat; 16 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2637	Vitamin B6 (mg):	.4mg
% Calories from Fat:	35.7%	Vitamin B12 (mcg):	3.0mcg
% Calories from Carbohydrates:	57.5%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	6.8%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	106g	Folacin (mcg):	183mcg
Saturated Fat (g):	54g	Niacin (mg):	8mg
Monounsaturated Fat (g):	35g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	13
Cholesterol (mg):	1044mg	% Daily Values:	n n%
Carbohydrate (g):	383g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	9
Protein (g):	45g	Lean Meat:	4
Sodium (mg):	2186mg	Vegetable:	0
Potassium (mg):	637mg	Fruit:	0
Calcium (mg):	242mg	Non-Fat Milk:	0
Iron (mg):	12mg	Fat:	18
Zinc (mg):	4mg	Other Carbohydrates:	16
Vitamin C (mg):	8mg		
Vitamin A (i.u.):	3678IU		
Vitamin A (r.e.):	913 1/2RE		

Nutrition Facts

Amount Per Serving		
Calories	2637	Calories from Fat: 942
% Daily Values*		
Total Fat	106g	163%
Saturated Fat	54g	270%
Cholesterol	1044mg	348%
Sodium	2186mg	91%
Total Carbohydrates	383g	128%
Dietary Fiber	6g	23%
Protein	45g	
Vitamin A		74%
Vitamin C		13%
Calcium		24%
Iron		67%

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