

Hazelnut Cheesecake

What's Cooking II
North American Institute of Modern Cuisine

Servings: 8

1 CRUST

1 cup graham cracker crumbs

3/4 cup nuts, chopped

1/3 cup brown sugar

1/3 cup margarine OR butter, melted

FILLING

1 1/2 cups cream cheese, softened

3/4 cup commercial hazelnut chocolate spread

3 eggs

3 tablespoons heavy cream

2/3 cup plain yogurt

For the crust: Butter a springform cake pan. In a bowl, mix the graham cracker crumbs, nuts, sugar and butter. Press over the bottom and along the sides of the pan.

For the filling: Preheat the oven to 350 degrees.

In a bowl, whip the cheese into soft peaks. Fold in 1/2 cup of the hazelnut chocolate spread. Add the eggs and cream, mixing lightly. Pour into the pan.

Bake in the oven for 35 to 45 minutes.

Let the cake cool on a wire rack for 15 minutes.

In a bowl, mix the yogurt and remaining hazelnut chocolate spread. Smooth over the cake. Unclip the pan. Let cool for 90 minutes.

Per Serving (excluding unknown items): 427 Calories; 36g Fat (73.8% calories from fat); 9g Protein; 19g Carbohydrate; 2g Dietary Fiber; 158mg Cholesterol; 311mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 6 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	427	Vitamin B6 (mg):	.1mg
% Calories from Fat:	73.8%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	17.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	36g	Folacin (mcg):	30mcg

Saturated Fat (g): 18g
Monounsaturated Fat (g): 13g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 158mg
Carbohydrate (g): 19g
Dietary Fiber (g): 2g
Protein (g): 9g
Sodium (mg): 311mg
Potassium (mg): 227mg
Calcium (mg): 97mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 1108IU
Vitamin A (r.e.): 315 1/2RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 6 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 427 **Calories from Fat:** 316

% Daily Values*

Total Fat	36g	55%
	Saturated Fat 18g	90%
Cholesterol	158mg	53%
Sodium	311mg	13%
Total Carbohydrates	19g	6%
	Dietary Fiber 2g	6%
Protein	9g	
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Vitamin A		22%
Vitamin C		0%
Calcium		10%
Iron		10%

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