

Heavenly Dessert Cheesecake

Favorite Recipes Magazine - Philadelphia Cream Cheese

Servings: 10

1 tablespoon graham cracker crumbs
1 cup low-fat (1% to 2%) cottage cheese
2 packages Philadelphia light Neufchatel cheese
2/3 cup sugar
2 tablespoons flour
3 eggs
2 tablespoons skim milk
1/4 teaspoon almond extract

Preheat the oven to 325 degrees.

Lightly grease the bottom of a nine-inch springform pan. Sprinkle with the crumbs. Place the cottage cheese in a blender container. Cover; process on high speed until smooth.

In the large mixing bowl of an electric mixer, combine the cottage cheese, neufchatel cheese, sugar and flour, mixing at medium speed until well blended. Add the eggs, one at a time, mixing well after each addition. Blend in the milk and extract. Pour into the pan.

Bake for 45 to 50 minutes or until the center is almost set. (The center of the cheesecake appears soft but firms upon cooling.)

Loosen the cake from the rim of the pan. Cool before removing the rim from the pan. Chill.

Top with fresh strawberry slices or blueberries, if desired.

Variation: Prepare the pan as directed. Omit the blender method. Place the cottage cheese in the large bowl of an electric mixer. Beat the cottage cheese at high speed until smooth. Add the neufchatel cheese, sugar and flour, mixing at medium speed until well blended. Continue as directed.

Per Serving (excluding unknown items): 82 Calories; 2g Fat (17.0% calories from fat); 2g Protein; 15g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 26mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	82	Vitamin B6 (mg):	trace
% Calories from Fat:	17.0%	Vitamin B12 (mcg):	.2mcg

% Calories from Carbohydrates:	72.5%
% Calories from Protein:	10.5%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	64mg
Carbohydrate (g):	15g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	26mg
Potassium (mg):	28mg
Calcium (mg):	12mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	79IU
Vitamin A (r.e.):	23RE

Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	trace
% Refined:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 82 **Calories from Fat:** 14

% Daily Values*

Total Fat 2g	2%
Saturated Fat trace	2%
Cholesterol 64mg	21%
Sodium 26mg	1%
Total Carbohydrates 15g	5%
Dietary Fiber trace	0%
Protein 2g	
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Vitamin A	2%
Vitamin C	0%
Calcium	1%
Iron	2%

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