

# Ice Box Cheesecake

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## CRUST

1 small box (30 crackers) graham crackers, crushed

1/2 cup sugar

1/2 cup butter or margarine, melted

## FILLING

1 package (3 ounce) lemon jello

1 cup boiling water

1 package (8 ounce) cream cheese

1/2 cup sugar

1 can (13 ounce) evaporated milk, chilled

2 teaspoons vanilla

In a bowl, combine the graham crackers, sugar and butter. Pat into a spring form pan or a 15x9-inch baking dish, forming a crust.

In a bowl, dissolve the jello in boiling water. Cool.

In a bowl, cream together the cream cheese and sugar.

In a large bowl, whip the chilled evaporated milk until stiff. Add the cheese mixture, vanilla and the lemon jello. Pour into the crust and top with a few reserved crumbs.

Refrigerate for twenty-four hours.

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Per Serving (excluding unknown items): 2790 Calories; 193g Fat (61.2% calories from fat); 36g Protein; 239g Carbohydrate; trace Dietary Fiber; 577mg Cholesterol; 1940mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Non-Fat Milk; 37 Fat; 13 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	2790	Vitamin B6 (mg):	.2mg
% Calories from Fat:	61.2%	Vitamin B12 (mcg):	1.5mcg
% Calories from Carbohydrates:	33.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	193g	Folacin (mcg):	58mcg
Saturated Fat (g):	120g	Niacin (mg):	1mg
Monounsaturated Fat (g):	56g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	25
Cholesterol (mg):	577mg	% Refused:	0.0%

Carbohydrate (g): 239g  
 Dietary Fiber (g): trace  
 Protein (g): 36g  
 Sodium (mg): 1940mg  
 Potassium (mg): 1084mg  
 Calcium (mg): 878mg  
 Iron (mg): 4mg  
 Zinc (mg): 3mg  
 Vitamin C (mg): 5mg  
 Vitamin A (i.u.): 7779IU  
 Vitamin A (r.e.): 2040RE

## Food Exchanges

Grain (Starch): 1/2  
 Lean Meat: 2 1/2  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 2  
 Fat: 37  
 Other Carbohydrates: 13 1/2

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## Nutrition Facts

### Amount Per Serving

**Calories** 2790                      Calories from Fat: 1706

### % Daily Values\*

**Total Fat** 193g                      296%  
     Saturated Fat 120g                599%  
**Cholesterol** 577mg                192%  
**Sodium** 1940mg                    81%  
**Total Carbohydrates** 239g        80%  
     Dietary Fiber trace                1%  
**Protein** 36g

**Vitamin A**                              156%  
**Vitamin C**                              8%  
**Calcium**                                88%  
**Iron**                                      21%

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