

# Layered Strawberry Cheesecake Pie

Susan McEwen McIntosh  
"Southern Living" Cooking Light - 1983

## Servings: 12

1 cup graham cracker crumbs  
2 tablespoons sugar  
3 tablespoons reduced-calorie  
margarine, melted  
1/2 cup water  
4 eggs  
1 carton (16 ounce) low-fat cottage  
cheese  
1/2 cup sugar  
1/2 cup instant nonfat dry milk  
powder  
1/4 cup all-purpose flour  
1 tablespoon lemon juice  
2 teaspoons vanilla extract  
1/8 teaspoon salt  
4 cups fresh strawberries, washed  
and hulled  
1 tablespoon cornstarch  
1 cup unsweetened orange juice

Preheat the oven to 300 degrees.

Combine the graham cracker crumbs, sugar and margarine in a bowl. Press evenly into the bottom of a nine-inch springform pan.

Combine the next nine ingredients in the container of a blender. Process for 1 minute or until smooth. Pour into the crust.

Bake for one hour. Turn off the heat and leave in the oven for one hour. Set aside to cool.

Arrange the strawberries on top of the pie. Combine the cornstarch and orange juice in a saucepan, stirring well. Cook over low heat for 1 minute or until thickened and clear, stirring constantly. Cool.

Pour the glaze over the strawberries. Chill.

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Per Serving (excluding unknown items): 122 Calories; 4g Fat (28.2% calories from fat); 3g Protein; 19g Carbohydrate; trace Dietary Fiber; 71mg Cholesterol; 122mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	122	Vitamin B6 (mg):	trace
% Calories from Fat:	28.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	62.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.5%	Riboflavin B2 (mg):	.1mg

**Total Fat (g):** 4g  
**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 71mg  
**Carbohydrate (g):** 19g  
**Dietary Fiber (g):** trace  
**Protein (g):** 3g  
**Sodium (mg):** 122mg  
**Potassium (mg):** 37mg  
**Calcium (mg):** 12mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 211IU  
**Vitamin A (r.e.):** 52 1/2RE

**Folacin (mcg):** 13mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 2  
**% Refuse:** n n%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 122      **Calories from Fat:** 34

### % Daily Values\*

<b>Total Fat</b> 4g	6%
Saturated Fat 1g	5%
<b>Cholesterol</b> 71mg	24%
<b>Sodium</b> 122mg	5%
<b>Total Carbohydrates</b> 19g	6%
Dietary Fiber trace	1%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	4%
<b>Vitamin C</b>	1%
<b>Calcium</b>	1%
<b>Iron</b>	4%

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