

# Lemon Chiffon Cheesecake

*Eagle's Landing - Blue Jay, CA*

*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 12

*4 cups graham crackers, crushed*

*1 cup butter, melted*

### FILLING

*1/4 cup cold water*

*2 tablespoons unflavored gelatin*

*3/4 cup + 1/2 cup sugar*

*3 eggs (room temperature), separated  
pinch salt*

*1/3 cup milk, scalded*

*1 1/2 pounds cream cheese, softened*

*1/3 cup fresh lemon juice*

*2 drops vanilla extract*

*1/4 cup Grand Marnier (or other  
orange-flavored liqueur)*

*rind of two lemons, freshly grated*

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Preheat the oven to 325 degrees.

In a bowl, blend the crumbs and melted butter. Reserve one-third cup of the crumb mixture for the top of the cheesecake. Press the remainder on the bottom and sides of a ten-inch springform pan. Bake for 12 to 15 minutes. Cool.

Pour the cold water into a cup. Sprinkle with the gelatin. Let stand until soft, about 5 minutes.

In the top of a double boiler, combine 3/4 cup of sugar, egg yolks and salt. Beat well. Set over gently boiling water. Add the milk. Beat constantly until thick, about 5 minutes. Remove from the heat. Add the gelatin and stir to dissolve. Cool to lukewarm.

In a bowl, beat the egg whites until soft peaks form. Add 1/2 cup of sugar gradually. Beat until stiff peaks form.

In a bowl, with the same beater, beat the cream cheese. Add a small amount of the egg mixture, then fold in the remaining egg mixture. Fold in the lemon juice, vanilla and liqueur. Fold the egg whites into the cream cheese mixture. Pour into the pan. Sprinkle with the reserved crumbs mixed with the lemon rind.

Refrigerate for at least six hours or overnight before eating (or freeze. If frozen, defrost in the refrigerator.).

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Per Serving (excluding unknown items): 731 Calories; 43g Fat (52.5% calories from fat); 10g Protein; 78g Carbohydrate; 2g Dietary Fiber; 105mg Cholesterol; 811mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 8 1/2 Fat; 1 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	731	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	52.5%	<b>Vitamin B12 (mcg):</b>	.3mcg
<b>% Calories from Carbohydrates:</b>	41.9%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	5.6%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	43g	<b>Folacin (mcg):</b>	57mcg
<b>Saturated Fat (g):</b>	23g	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	13g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	4g	<b>Alcohol (kcal):</b>	trace
<b>Cholesterol (mg):</b>	105mg	<b>% Daily Values:</b>	n.n%
<b>Carbohydrate (g):</b>	78g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	2g	<b>Grain (Starch):</b>	4
<b>Protein (g):</b>	10g	<b>Lean Meat:</b>	1/2
<b>Sodium (mg):</b>	811mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	198mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	78mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	4mg	<b>Fat:</b>	8 1/2
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	1
<b>Vitamin C (mg):</b>	3mg		
<b>Vitamin A (i.u.):</b>	1398IU		
<b>Vitamin A (r.e.):</b>	390RE		

**Nutrition Facts**

Servings per Recipe: 12

**Amount Per Serving**

**Calories** 731                      **Calories from Fat:** 384

		<b>% Daily Values*</b>
<b>Total Fat</b>	43g	66%
Saturated Fat	23g	116%
<b>Cholesterol</b>	105mg	35%
<b>Sodium</b>	811mg	34%
<b>Total Carbohydrates</b>	78g	26%
Dietary Fiber	2g	9%
<b>Protein</b>	10g	
<b>Vitamin A</b>		28%
<b>Vitamin C</b>		5%
<b>Calcium</b>		8%
<b>Iron</b>		20%

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