

Lemon Mousse Cheesecake

Relish Magazine - March 2014
Relish.com

Servings: 20

CRUST

5 tablespoons butter, melted
40 (about 1-1/2 cups) vanilla wafers
(crushed) OR 8 graham crackers
(crushed)
1/4 cup sugar

FILLING

24 ounces cream cheese
1 1/3 cups sugar, divided
1/3 cup all-purpose flour
4 eggs, separated
1 tablespoon lemon rind, finely grated
3/4 cup (about 4 lemons) lemon juice

Preheat the oven to 325 degrees.

To prepare the crust: combine all of the ingredients. Stir well and press into a ten-inch springform pan.

Combine the cream cheese and one cup of sugar; beat until fluffy, about 5 minutes. Add the flour, egg yolks, lemon rind and juice; beat until smooth. Beat the egg whites until soft peaks form. Add the remaining 1/3 cup of sugar; beat until stiff peaks form. Fold into the lemon batter. Pour the batter into the crust. Place the pan in a large baking pan. Add water to the baking pan to a depth of one inch.

Bake about 55 minutes, until the cake is set but still jiggly in the center.

Cover and chill for at least four hours.

The egg whites are beaten and folded into this cheesecake for a mousse-like texture. The water bath tempers the heat, creating a soft, creamy filling. If you skip the water bath, the cheesecake will have a firmer, more traditional cheesecake texture.

The best way to grate lemon rind is with a Microplane Zester, available at most any kitchenware store. When grating, be sure to get just the yellow skin and not the white bitter pith underneath.

Per Serving (excluding unknown items): 230 Calories; 16g Fat (60.3% calories from fat); 4g Protein; 19g Carbohydrate; trace Dietary Fiber; 87mg Cholesterol; 144mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	230	Vitamin B6 (mg):	trace
% Calories from Fat:	60.3%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	32.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.0%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 16g
Saturated Fat (g): 10g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 87mg
Carbohydrate (g): 19g
Dietary Fiber (g): trace
Protein (g): 4g
Sodium (mg): 144mg
Potassium (mg): 69mg
Calcium (mg): 35mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 5mg
Vitamin A (i.u.): 645IU
Vitamin A (r.e.): 187 1/2RE

Folacin (mcg): 14mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories 230 **Calories from Fat:** 139

% Daily Values*

Total Fat	16g	24%
	Saturated Fat 10g	48%
Cholesterol	87mg	29%
Sodium	144mg	6%
Total Carbohydrates	19g	6%
	Dietary Fiber trace	0%
Protein	4g	
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Vitamin A		13%
Vitamin C		8%
Calcium		3%
Iron		4%

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