

McCormick Easy Mini Cheesecakes

Ladies Home Journal - April 2013

www.McCormick.com

Servings: 12

2 packages (8 ounce ea) cream cheese,
softened

2/3 cup sugar

2 eggs

2 teaspoons McCormick Pure

Vanilla Extract

1/2 teaspoon McCormick Pure

Almond Extract

12 vanilla wafers

Preheat the oven to 325 degrees.

In a large bowl, beat the cream cheese and sugar with an electric mixer on medium speed until light and fluffy.

Add the eggs and extracts and beat well.

Place a wafer in the bottom of twelve paper-lined muffin cups. Spoon batter into each cup, filling each 2/3 full.

Bake for 22 to 24 minutes or until the edges are lightly browned. Cool in the pan on a wire rack. (The mini cheesecakes will deflate in the center upon cooling.)

Refrigerate for four hours or overnight. Top with any desired toppings such as fresh fruit, lemon curd, melted chocolate and confectioner's sugar.

Per Serving (excluding unknown items): 218 Calories; 15g Fat (62.9% calories from fat); 4g Protein; 16g Carbohydrate; trace Dietary Fiber; 78mg Cholesterol; 144mg Sodium. Exchanges: 1/2 Lean Meat; 3 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	218	Vitamin B6 (mg):	trace
% Calories from Fat:	62.9%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	29.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.6%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 15g
Saturated Fat (g): 9g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 78mg
Carbohydrate (g): 16g
Dietary Fiber (g): trace
Protein (g): 4g
Sodium (mg): 144mg
Potassium (mg): 64mg
Calcium (mg): 37mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 593IU
Vitamin A (r.e.): 178RE

Folacin (mcg): 10mcg
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: 12

Amount Per Serving

Calories 218 **Calories from Fat:** 137

% Daily Values*

Total Fat	15g	24%
	Saturated Fat 9g	45%
Cholesterol	78mg	26%
Sodium	144mg	6%
Total Carbohydrates	16g	5%
	Dietary Fiber trace	0%
Protein	4g	
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Vitamin A		12%
Vitamin C		0%
Calcium		4%
Iron		4%

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