

Mini Cheesecakes II

50 Things to Make in a Muffin Pan
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2 packages (8 ounce ea) cream cheese
2 eggs
1/2 cup sugar
1 teaspoon vanilla
1 teaspoon lemon juice
pinch salt
2 teaspoons graham cracker crumbs

Preheat the oven to 325 degrees.

Line twelve muffin cups with nonstick foil liners

In a bowl, beat the cream cheese with the eggs, sugar, vanilla, lemon juice and salt until smooth.

Sprinkle the graham cracker crumbs into the muffin cups. Divide the filling among the cups.

Bake until set, 30 minutes.

Per Serving (excluding unknown items): 2183 Calories; 172g Fat (70.1% calories from fat); 48g Protein; 117g Carbohydrate; trace Dietary Fiber; 933mg Cholesterol; 1533mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 0 Fruit; 30 1/2 Fat; 6 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2183
% Calories from Fat:	70.1%
% Calories from Carbohydrates:	21.3%
% Calories from Protein:	8.7%
Total Fat (g):	172g
Saturated Fat (g):	105g
Monounsaturated Fat (g):	50g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	933mg
Carbohydrate (g):	117g
Dietary Fiber (g):	trace
Protein (g):	48g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	3.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	1.4mg
Folacin (mcg):	110mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	6 1/2

Sodium (mg): 1533mg
Potassium (mg): 701mg
Calcium (mg): 425mg
Iron (mg): 8mg
Zinc (mg): 4mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 7110IU
Vitamin A (r.e.): 2135 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 30 1/2
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories 2183 **Calories from Fat:** 1530

% Daily Values*

Total Fat 172g	265%
Saturated Fat 105g	526%
Cholesterol 933mg	311%
Sodium 1533mg	64%
Total Carbohydrates 117g	39%
Dietary Fiber trace	0%
Protein 48g	
Vitamin A	142%
Vitamin C	4%
Calcium	42%
Iron	42%

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