

No-Bake Peaches and Cream Cheesecake

by: Courtesy of Philadelphia Cream Cheese
DashRecipes.com

Servings: 16

2 cups graham cracker crumbs
6 tablespoons margarine, melted
1 cup sugar, divided
4 packages (8 ounce ea) Neufchatel cream cheese, softened
1 package (3 ounce) peach flavor JELL-O
2 fresh peaches, chopped
1 container (8 ounce) light whipped topping, thawed

Preparation Time: 15 minutes

In a bowl, mix the graham crumbs, margarine and 1/4 cup of the sugar. Press onto the bottom of a 13x9-inch pan. Refrigerate until ready to use.

In a bowl, beat the Neufchatel cheese and remaining sugar with a mixer until blended. Add the JELL-O mix. Mix well. Stir in the peaches and whipped topping. Pour over the crust.

Refrigerate for four hours or until firm.

Start to Finish Time: 4 hours 15 minutes

If fresh peaches are not available, prepare using 1 drained 15-oz. can peaches.

Per Serving (excluding unknown items): 136 Calories; 5g Fat (34.5% calories from fat); 1g Protein; 22g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 114mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 1 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	136
% Calories from Fat:	34.5%
% Calories from Carbohydrates:	63.1%
% Calories from Protein:	2.5%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	22g
	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

1/2

Dietary Fiber (g):
Protein (g): 1g
Sodium (mg): 114mg
Potassium (mg): 41mg
Calcium (mg): 5mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 255IU
Vitamin A (r.e.): 49RE

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

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 136 Calories from Fat: 47

% Daily Values*

Total Fat	5g	8%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	114mg	5%
Total Carbohydrates	22g	7%
Dietary Fiber	1g	2%
Protein	1g	

Vitamin A	5%
Vitamin C	1%
Calcium	0%
Iron	2%

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