

No-Bake Strawberry Cheesecake

Sheila Lukins
www.dashrecipes.com

Servings: 8

8 ounces cream cheese, softened
1/3 cup sugar
1 cup sour cream
2 teaspoons pure vanilla extract
8 ounces prepared whipped topping,
thawed
1 (6 ounce) prepared graham cracker
crust
1 pound fresh strawberries, hulled
and halved lengthwise

Preparation Time: 15 minutes

Beat the cream cheese until smooth with an electric mixer. Gradually beat in the sugar. Beat in the sour cream and vanilla until just combined. Fold in the whipped topping.

Scrape the mixture into the piecrust. (There may be some filling left over. If so, reserve it to be decoratively piped onto the top of the pie.)

Chill in the refrigerator for four hours.

Starting in the center, arrange the strawberries in a circular pattern. Pipe with extra filling, if desired.

Start to Finish Time: 4 hours 15 minutes

Per Serving (excluding unknown items): 208 Calories; 16g Fat (67.6% calories from fat); 3g Protein; 14g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 100mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	208	Vitamin B6 (mg):	trace
% Calories from Fat:	67.6%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	26.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	16g	Folacin (mcg):	16mcg
Saturated Fat (g):	10g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

Cholesterol (mg):	44mg
Carbohydrate (g):	14g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	100mg
Potassium (mg):	164mg
Calcium (mg):	64mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	30mg
Vitamin A (i.u.):	646IU
Vitamin A (r.e.):	191 1/2RE

% Daily Value 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 208 **Calories from Fat:** 141

% Daily Values*

Total Fat 16g	25%
Saturated Fat 10g	50%
Cholesterol 44mg	15%
Sodium 100mg	4%
Total Carbohydrates 14g	5%
Dietary Fiber 1g	5%
Protein 3g	
<hr/>	
Vitamin A	13%
Vitamin C	51%
Calcium	6%
Iron	3%

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