

# Peachy Cheesecake

*What's Cooking II*

*North American Institute of Modern Cuisine*

## Servings: 6

### CRUST

*3/4 cup flour*

*3 tablespoons brown sugar*

*2 tablespoons orange peel, grated*

*1/4 cup butter*

*1 egg yolk, beaten*

### FILLING

*3 1/2 cups canned peaches*

*2 cups cream cheese, softened*

*1/2 cup sugar*

*2 tablespoons flour*

*4 eggs*

*1/2 cup peach juice*

*1 teaspoon vanilla extract*

*2/3 apricot glaze (see Desserts/  
Sauces and Coulis)*

For the crust: Preheat the oven to 375 degrees.

Butter the bottom of a springform cake pan. Set aside.

In a bowl, mix the flour, sugar and orange peel. Add the butter, mixing until granular.

Fold in the egg yolk. Press one-third of the crust over the bottom of the pan. Wrap the remainder, setting aside.

Bake the bottom crust (without the sides of the pan) around 6 minutes or until golden brown. Remove from the oven. Let cool.

Butter the sides of the pan. Attach to the bottom. Line with crust, up to two inches from the top. Set aside.

For the filling: Reserve three peach halves for decoration. Finely chop the remainder.

In a large bowl, whip the cheese until creamy.

In a second bowl, combine the sugar and flour. Fold into the cheese. Mix in the eggs. Fold in the chopped peaches, peach juice and vanilla extract, whipping slightly. Pour into the pan.

Bake in the oven for 40 to 50 minutes.

Let cool for 15 minutes. Unmold. Decorate the cake with the sliced peaches. Cover with the apricot glaze.

Refrigerate three to six hours.

*Variations: Use oranges (removing the peel and pith), apricots, nectarines or litchis. Vary the fruit juices. Decorate with almonds.*

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Per Serving (excluding unknown items): 670 Calories; 39g Fat (51.2% calories from fat); 13g Protein; 71g Carbohydrate; 2g Dietary Fiber; 282mg Cholesterol; 367mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 2 Fruit; 7 Fat; 1 1/2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

Calories (kcal):	670
% Calories from Fat:	51.2%
% Calories from Carbohydrates:	41.1%
% Calories from Protein:	7.7%
Total Fat (g):	39g
Saturated Fat (g):	23g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	282mg
Carbohydrate (g):	71g
Dietary Fiber (g):	2g
Protein (g):	13g
Sodium (mg):	367mg
Potassium (mg):	327mg
Calcium (mg):	101mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	2167IU
Vitamin A (r.e.):	522 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	41mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	2
% Refuse:	0.0%

**Food Exchanges**

Grain (Starch):	1
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	2
Non-Fat Milk:	0
Fat:	7
Other Carbohydrates:	1 1/2

**Nutrition Facts**

Servings per Recipe: 6

**Amount Per Serving**

**Calories** 670 Calories from Fat: 343

**% Daily Values\***

<b>Total Fat</b> 39g	60%
Saturated Fat 23g	115%
<b>Cholesterol</b> 282mg	94%
<b>Sodium</b> 367mg	15%
<b>Total Carbohydrates</b> 71g	24%
Dietary Fiber 2g	9%
<b>Protein</b> 13g	

<b>Vitamin A</b>	43%
<b>Vitamin C</b>	13%
<b>Calcium</b>	10%
<b>Iron</b>	17%

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