

Philadelphia Cherry Cheesecake Made Over

KraftRecipes.com

Servings: 12

2 (about 1/3 cup) Honey Maid chocolate grahams, crushed
2 cups Breakstone's 2% milkfat low-fat cottage cheese
1 package (8 ounce) Philadelphia neufchatel cheese, softened
1/2 cup plain nonfat yogurt
3 tablespoons sugar, divided
2 tablespoons flour
1 teaspoon vanilla
1 egg
2 egg whites
2 teaspoons Minute tapioca
1 cup canned pitted tart cherries in water, drained with the juice reserved

Preparation Time: 10 minutes

Preheat the oven to 325 degrees.

Sprinkle the crumbs onto the bottom of a nine-inch springform pan.

Process the cottage cheese in a food processor until smooth. Add the neufchatel cheese, yogurt, two tablespoons of sugar, the flour and vanilla. Process until well blended. Add the egg and egg whites, one at a time, pulsing after each just until blended. Pour over the crumbs.

Bake for 40 to 45 minutes or until the center is almost set.

Run the knife around the rim of the pan to loosen the cake. Cool for one hour before removing the rim. Refrigerate for four hours.

Meanwhile, bring 1/3 cup of the reserved cherry liquid, the tapioca and the remaining sugar to a boil in a large saucepan on medium-high heat, stirring constantly. Simmer on medium low heat for two minutes or until thickened, stirring constantly. Gently stir in the cherries. Refrigerate until ready to use.

Pour the sauce over the cheesecake just before serving.

Start to Finish Time: 5 hours 50 minutes

SUBSTITUTE: If you can't find tart cherries? You can use one cup of thawed frozen sweet cherries instead. Just cook them with 1/4 cup of water and the tapioca as directed, omitting the one tablespoon of sugar.

SPECIAL EXTRA: Stir one tablespoon of Kirsch (cherry brandy) into the cherry sauce before refrigerating.

Per Serving (excluding unknown items): 32 Calories; trace Fat (12.8% calories from fat); 2g Protein; 5g Carbohydrate; trace Dietary Fiber; 18mg Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	32	Vitamin B6 (mg):	trace
% Calories from Fat:	12.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	64.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	22.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	4mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	1
Cholesterol (mg):	18mg	% Refuse:	n n%
Carbohydrate (g):	5g		
Dietary Fiber (g):	trace		
Protein (g):	2g		
Sodium (mg):	22mg		
Potassium (mg):	39mg		
Calcium (mg):	22mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	21IU		
Vitamin A (r.e.):	6RE		

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 32 Calories from Fat: 4

% Daily Values*

Total Fat trace	1%
Saturated Fat trace	1%
Cholesterol 18mg	6%
Sodium 22mg	1%
Total Carbohydrates 5g	2%
Dietary Fiber trace	0%
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	1%

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