

# Philadelphia Classic Italian Cheesecake

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## Servings: 16

1 cup Honey Maid graham cracker crumbs  
3 tablespoons butter or margarine, melted  
2 tablespoons sugar  
4 cups Polly-O ricotta cheese  
1 1/4 cups sugar  
1/4 cup flour  
1/2 cup whipping cream  
2 teaspoons vanilla  
1 teaspoon grated lemon zest  
5 eggs

## Preparation Time: 15 minutes

Preheat the oven to 350 degrees. If using a silver nine-inch springform pan (or to 325 degrees if using a dark nonstick nine-inch springform pan).

Mix the crumbs, butter and two tablespoons of sugar. Press firmly onto the bottom of the pan. Bake for 10 minutes.

Meanwhile, In a large bowl, beat the ricotta cheese, 1-1/4 cups of sugar and the flour with an electric mixer on medium speed until well blended. Add the whipping cream, vanilla and zest. Mix well.

Add the eggs, one at a time, mixing just until blended after each addition. Pour over the crust.

Bake for one hour and 20 minutes or until the center is almost set.

Run a knife or metal spatula around the rim of the pan to loosen the cake. Cool before removing the rim of the pan.

Refrigerate for four hours or overnight. Store leftover cheesecake in the refrigerator.

Start to Finish Time: 1 hour 45 minutes

*How To Test Cheesecake Doneness:*  
*To avoid overbaking a cheesecake, check for doneness at the minimum baking time by gently shaking the pan. If the cheesecake is done, the edge should be slightly puffed and it will be set except for a small area in the center that will be soft and jiggly. Do not insert a knife into the center as this may cause the cheesecake to crack during cooling.*

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Per Serving (excluding unknown items): 143 Calories; 6g Fat (40.4% calories from fat); 2g Protein; 19g Carbohydrate; trace Dietary Fiber; 82mg Cholesterol; 47mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	143	Vitamin B6 (mg):	trace
% Calories from Fat:	40.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	53.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	8mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	2
Cholesterol (mg):	82mg	% Daily Value:	0.0%
Carbohydrate (g):	19g		
Dietary Fiber (g):	trace		
Protein (g):	2g		
Sodium (mg):	47mg		
Potassium (mg):	30mg		
Calcium (mg):	14mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	267IU		
Vitamin A (r.e.):	73 1/2RE		

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 16

### Amount Per Serving

Calories 143                      Calories from Fat: 58

### % Daily Values\*

<b>Total Fat</b> 6g	10%
Saturated Fat 4g	18%
<b>Cholesterol</b> 82mg	27%
<b>Sodium</b> 47mg	2%
<b>Total Carbohydrates</b> 19g	6%
Dietary Fiber trace	0%
<b>Protein</b> 2g	
<b>Vitamin A</b>	5%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	2%

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