

Philadelphia No-Bake Peaches and Cream Cheesecake

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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 sugar. Press onto the bottom of a 13x9-inch pan. Refrigerate until ready to use.

Beat the neufchatel cheese and remaining sugar with a mixer until blended. Add the dry gelatin 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 one drained 15-ounce can of 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	Vitamin B6 (mg):	trace
% Calories from Fat:	34.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	63.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	5g	Folacin (mcg):	2mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
		% Refuse:	0 0%

Cholesterol (mg):	0mg
Carbohydrate (g):	22g
Dietary Fiber (g):	1g
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

Food Exchanges

Grain (Starch):	1/2
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	
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Vitamin A	5%
Vitamin C	1%
Calcium	0%
Iron	2%

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