

Philadelphia Three-Step Low-Fat Berry Cheesecake

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Servings: 10

2 (about 1/4 cup) Honey Maid low-fat honey grahams, crushed

3 packages (8 ounces ea)

Philadelphia fat-free cream cheese, softened

3/4 cup sugar

1 teaspoon lemon zest

1 tablespoon lemon juice

1/2 teaspoon vanilla

3 eggs

1/2 cup sliced fresh strawberries

1/2 cup blueberries

1/2 cup raspberries

2 tablespoons strawberry jelly, melted

Preparation Time: 10 minutes

Preheat the oven to 300 degrees.

Sprinkle the graham crumbs onto the bottom of a nine-inch pie plate sprayed with cooking spray.

In a bowl, beat the cream cheese, sugar, lemon zest, lemon juice and vanilla with a mixer until well blended.

Add the eggs, one at a time, mixing on low speed after each just until blended.

Pour into the pie plate.

Bake for 45 minutes or until the center is almost set. Cool completely.

Refrigerate for three hours.

Top with the fruit just before serving. Drizzle with the jelly.

Start to Finish Time: 4 hours 55 minutes

Per Serving (excluding unknown items): 99 Calories; 2g Fat (13.8% calories from fat); 2g Protein; 20g Carbohydrate; 1g Dietary Fiber; 64mg Cholesterol; 23mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 0 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal): 99
% Calories from Fat: 13.8%
% Calories from Carbohydrates: 78.2%
% Calories from Protein: 8.0%
Total Fat (g): 2g
Saturated Fat (g): trace
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 64mg
Carbohydrate (g): 20g
Dietary Fiber (g): 1g
Protein (g): 2g
Sodium (mg): 23mg
Potassium (mg): 41mg
Calcium (mg): 10mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 90IU
Vitamin A (r.e.): 22 1/2RE

Vitamin B6 (mg): trace
Vitamin B12 (mcg): .2mcg
Thiamin B1 (mg): trace
Riboflavin B2 (mg): .1mg
Folacin (mcg): 10mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 1
% Refuse: 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 99 **Calories from Fat:** 14

% Daily Values*

Total Fat	2g	2%
Saturated Fat	trace	2%
Cholesterol	64mg	21%
Sodium	23mg	1%
Total Carbohydrates	20g	7%
Dietary Fiber	1g	3%
Protein	2g	
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Vitamin A		2%
Vitamin C		6%
Calcium		1%
Iron		2%

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