

Praline Cheesecake

Favorite Recipes Magazine - Philadelphia Cream Cheese

Servings: 10

CRUST

1 cup graham cracker crumbs
3 tablespoons granulated sugar
3 tablespoons margarine, melted

FILLING

3 packages (8 ounce ea) Philadelphia cream cheese, softened
3/4 cup packed dark brown sugar
2 tablespoons flour
3 eggs
2 teaspoons vanilla
1/2 cup finely chopped pecans
maple syrup
pecan halves

Preheat the oven to 350 degrees.

Combine the crumbs, granulated sugar and margarine. Press onto the bottom of a nine-inch springform pan. Bake for 10 minutes.

Increase the oven temperature to 450 degrees.

Combine the cream cheese, brown sugar and flour, mixing at medium speed with an electric mixer until well blended. Add the eggs, one at a time, mixing well after each addition. Blend in the vanilla. Stir in the chopped pecans. Pour over the crust.

Bake for 10 minutes. Reduce the oven temperature to 250 degrees. Continue baking for 30 minutes.

Loosen the cake from the rim of the pan. Cool before removing the rim from the pan. Chill.

Brush with the maple syrup. Top with pecan halves.

Per Serving (excluding unknown items): 173 Calories; 6g Fat (29.8% calories from fat); 3g Protein; 28g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 118mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	173	Vitamin B6 (mg):	trace
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% Calories from Fat:	29.8%
% Calories from Carbohydrates:	64.0%
% Calories from Protein:	6.1%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	64mg
Carbohydrate (g):	28g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	118mg
Potassium (mg):	92mg
Calcium (mg):	25mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	225IU
Vitamin A (r.e.):	55RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	3
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 173 Calories from Fat: 52

% Daily Values*

Total Fat 6g	9%
Saturated Fat 1g	6%
Cholesterol 64mg	21%
Sodium 118mg	5%
Total Carbohydrates 28g	9%
Dietary Fiber trace	1%
Protein 3g	
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Vitamin A	4%
Vitamin C	0%
Calcium	3%
Iron	5%

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