

# Rise-And-Shine Cheesecake

*What's Cooking II*

*North American Institute of Modern Cuisine*

## Servings: 8

### CRUST

*3/4 cup all-purpose flour OR whole wheat flour*

*3 tablespoons brown sugar*

*1 tablespoon orange peel, finely grated*

*6 tablespoons butter*

*1 egg yolk, beaten*

### FILLING

*2 1/2 cups cream cheese, softened*

*1 tablespoon orange peel, finely grated*

*1 cup sugar*

*1/2 teaspoon orange blossom OR vanilla extract*

*3 eggs*

*1/4 cup orange juice*

*2 large oranges, peeled, pith removed and sectioned*

*1 cup orange glaze*

For the crust: Preheat the oven to 400 degrees.

Butter the bottom of a springform cake pan. Set aside.

In a bowl, mix the flour, brown sugar and orange peel. Fold in the butter, mixing until granular. Blend in the egg yolk.

Place one-third of the crust over the bottom of the pan. Wrap the remainder and set aside. Bake the bottom crust (without the sides of the pan) for around 7 minutes or until golden brown. Remove from the oven.

Butter the sides of the pan and attach to the bottom. Line with a two-inch border of crust. Set aside.

For the filling: Lower the oven temperature to 375 degrees.

In a large bowl, whip the cheese and orange peel until creamy smooth. Fold in the sugar, orange blossom, eggs and orange juice. Pour into the pan. Bake in the oven for 40 to 50 minutes.

Remove from the oven. Let cool for 15 minutes. Release the spring. Run a knife along the sides of the pan. Let cool for 30 minutes. Unclip the pan. Let cool one more hour.

Garnish with the orange sections and cover with the orange glaze. Refrigerate for one hour.

Decorate with fresh mint before serving, if desired.

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Per Serving (excluding unknown items): 494 Calories; 36g Fat (65.0% calories from fat); 9g Protein; 35g Carbohydrate; 1g Dietary Fiber; 209mg Cholesterol; 331mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fruit; 6 1/2 Fat; 2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	494	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	65.0%	<b>Vitamin B12 (mcg):</b>	.6mcg
<b>% Calories from Carbohydrates:</b>	28.1%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	6.9%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	36g	<b>Folacin (mcg):</b>	37mcg
<b>Saturated Fat (g):</b>	22g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	11g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	209mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	35g		
<b>Dietary Fiber (g):</b>	1g		
<b>Protein (g):</b>	9g		
<b>Sodium (mg):</b>	331mg		
<b>Potassium (mg):</b>	207mg		
<b>Calcium (mg):</b>	93mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	1mg		
<b>Vitamin C (mg):</b>	23mg		
<b>Vitamin A (i.u.):</b>	1580IU		
<b>Vitamin A (r.e.):</b>	442RE		

**Food Exchanges**

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1
<b>Vegetable:</b>	0
<b>Fruit:</b>	1/2
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	6 1/2
<b>Other Carbohydrates:</b>	2

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 494 **Calories from Fat:** 322

**% Daily Values\***

<b>Total Fat</b> 36g	56%
Saturated Fat 22g	110%
<b>Cholesterol</b> 209mg	70%
<b>Sodium</b> 331mg	14%
<b>Total Carbohydrates</b> 35g	12%
Dietary Fiber 1g	3%
<b>Protein</b> 9g	
<b>Vitamin A</b>	32%
<b>Vitamin C</b>	39%
<b>Calcium</b>	9%
<b>Iron</b>	8%

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