

Rum Mocha Cheesecake

What's Cooking II

North American Institute of Modern Cuisine

Servings: 8

CRUST

1 1/2 cups oatmeal cookies,
crumbled

1/3 cup butter or margarine

2 teaspoons cocoa

FILLING

2 tablespoons instant coffee

2 ounces dark rum

2 3/4 cups cream cheese, softened

1 cup brown sugar

2/3 cup semisweet chocolate, melted,
lukewarm

2 tablespoons all-purpose flour

1 tablespoon vanilla extract

3 eggs

1 1/2 cups sour cream

1/2 cup pistachios OR almonds

For the crust: Butter a springform cake pan. Set aside.

In a small bowl, mix the cookie crumbs, butter and cream. Press over the bottom and along the sides of the pan, up to 1-1/2 inches from the top. Set aside.

For the filling: Preheat the oven to 375 degrees.

In a bowl, dissolve the coffee in the rum. Set aside.

In a mixer bowl, lightly whip the cream cheese, brown sugar, chocolate and flour. Fold in the vanilla extract and eggs. Mix at low speed.

With a spatula, fold in the rum and coffee mixture.

Bake in the oven for 45 to 55 minutes or until the center of the cake has set.

Remove from the oven. Let cool for 10 minutes. Detach the cake by running a knife along the sides of the pan. Unclip the pan. Let cool for two hours.

Cover the cake with sour cream. Decorate with pistachios or almonds.

Refrigerate at least two hours before serving.

Variation #1: Garnish the cake with whipped cream dusted with cocoa.

Variation #2: Serve the cake on a sauce or coulis (see Sauces/ Sauces and Coulis).

Per Serving (excluding unknown items): 830 Calories; 59g Fat (63.2% calories from fat); 13g Protein; 63g Carbohydrate; 1g Dietary Fiber; 207mg Cholesterol; 541mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 11 Fat; 4 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	830	Vitamin B6 (mg):	.1mg
% Calories from Fat:	63.2%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	30.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	59g	Folacin (mcg):	48mcg
Saturated Fat (g):	33g	Niacin (mg):	1mg
Monounsaturated Fat (g):	19g	Caffeine (mg):	11mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	21
Cholesterol (mg):	207mg	% Refuse:	n n%
Carbohydrate (g):	63g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	13g	Lean Meat:	1
Sodium (mg):	541mg	Vegetable:	0
Potassium (mg):	372mg	Fruit:	0
Calcium (mg):	163mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	11
Zinc (mg):	1mg	Other Carbohydrates:	4
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	1867IU		
Vitamin A (r.e.):	543 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 830 **Calories from Fat:** 524

% Daily Values*

Total Fat 59g	90%
Saturated Fat 33g	165%
Cholesterol 207mg	69%
Sodium 541mg	23%
Total Carbohydrates 63g	21%
Dietary Fiber 1g	6%
Protein 13g	
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Vitamin A	37%
Vitamin C	1%
Calcium	16%
Iron	19%

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