

Very Smooth Cheesecake

Favorite Recipes Magazine - Philadelphia Cream Cheese

Servings: 10

CRUST

- 1 cup graham cracker crumbs*
- 3 tablespoons sugar*
- 3 tablespoons margarine, melted*

FILLING

- 1 envelope unflavored gelatin*
- 1/4 cup cold water*
- 1 package (8 ounce) Philadelphia cream cheese, softened*
- 1/2 cup sugar*
- dash salt*
- 1 package (10 ounce) frozen strawberries, thawed*
- milk*
- 1 cup whipping cream, whipped*

Preheat the oven to 325 degrees.

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

Soften the gelatin in water. Stir over low heat until dissolved. Combine the cream cheese, sugar and salt, mixing at medium speed with an electric mixer until well blended. Drain the strawberries, reserving the liquid. Add enough milk to the liquid to measure one cup. Gradually add the combined milk mixture and gelatin to the cream cheese, mixing until blended. Chill until slightly thickened. Fold in the whipped cream and the strawberries. Pour over the crust. Chill until firm.

Per Serving (excluding unknown items): 254 Calories; 13g Fat (45.1% calories from fat); 2g Protein; 34g Carbohydrate; 1g Dietary Fiber; 33mg Cholesterol; 122mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	254	Vitamin B6 (mg):	trace
% Calories from Fat:	45.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	52.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	13g	Folacin (mcg):	4mcg
Saturated Fat (g):	6g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	33mg
Carbohydrate (g):	34g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	122mg
Potassium (mg):	57mg
Calcium (mg):	22mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	10mg
Vitamin A (i.u.):	508IU
Vitamin A (r.e.):	135RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 254	Calories from Fat: 114
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% Daily Values*

Total Fat 13g	20%
Saturated Fat 6g	31%
Cholesterol 33mg	11%
Sodium 122mg	5%
Total Carbohydrates 34g	11%
Dietary Fiber 1g	3%
Protein 2g	
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Vitamin A	10%
Vitamin C	17%
Calcium	2%
Iron	3%

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