

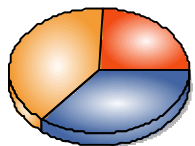


Cheesecake - Low Fat

By: Modified by DrJez from Cooking Light

Recipe grams: 1215.95g/42.9oz

Serves 16 76.00g/2.7oz per serving



Protein: 16%
Carbohydrates: 44%
Fat: 39%
Alcohol: 0%

INGREDIENTS

1/4 cup SUGAR BLEND FOR BAKING, SPLENDA
20 medium VANILLA WAFER COOKIE, LESS FAT
1/8 tsp SALT, TABLE
3 large EGG WHITE, CHICKEN, RAW
3/4 cup SUGAR BLEND FOR BAKING, SPLENDA
3 tbsp CORNSTARCH
16 oz CREAM CHEESE, NEUFCHATEL, BRICK, REDUCED FAT
4 oz CREAM CHEESE, PLAIN, BRICK, NONFAT
1 tsp VANILLA EXTRACT
1 tsp LEMON JUICE
1 cup EGG SUBSTITUTE, LIQUID

DIRECTIONS

Place 1/4 cup sugar, wafers, salt in a food processor and process until mixture is like sand. Place 1 egg white in a small bowl and whisk until frothy. Add 2 Tbsp to food processor in a stream. Discard remaining. Press mixture into an 8 inch springform pan coated with cooking spray. Bake at ~~350~~ for 10 minutes and cool on a wire rack.

Reduce oven to 300F.

Combine sugar, cornstarch and dash of salt in a large bowl. Add cheeses and beat until smooth. Add vanilla and lemon juice. Add additional lemon juice to taste. Add egg substitute in a stream until incorporated. Add 2 egg whites and beat until incorporated.

Pour mixture into prepared crust and bake at ~~300~~ for 75 minutes or until a 3 inch center is just jiggles when tapped. Turn oven off, open door and allow cheesecake to set up for 30 minutes. Cool to room temperature on a wire rack. Cover and chill for 8 hours.

Serves 16.

Nutrition Facts

Serving Size: 1 serving (76.0g)

Servings: 1

Amount Per Serving

Calories 180 Calories from Fat 70

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 4.5g **20%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 240mg **10%**

Total Carbohydrate 19g **6%**

Dietary Fiber 0g **0%**

Sugars 15g

Protein 7g

Vitamin A 10%

Vitamin C 0%

Calcium 6%

Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.