

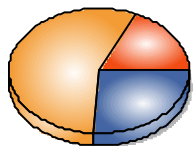


New York Cheesecake

By: Modified by DrJez from America's Best Recipe

Recipe grams: 1467.70g/51.8oz

Serves 16 91.73g/3.2oz per serving



Protein: 18%
Carbohydrates: 37%
Fat: 44%
Alcohol: 1%

INGREDIENTS

5 oz GRAHAM CRACKER, HONEY, LOWFAT
2 tbsp BUTTER, NO ADDED SALT
2 tbsp CANOLA OIL
1 tbsp SUGAR BLEND FOR BAKING, SPLENDA
1 lb COTTAGE CHEESE, 1% FAT
1 lb CREAM CHEESE, NEUFCHATEL, BRICK, REDUCED FAT
1 cup Yogurt Cheese
3/4 cup SUGAR BLEND FOR BAKING, SPLENDA
1/4 tsp SALT, TABLE
1 tsp LEMON PEEL
1 tbsp VANILLA EXTRACT
3/4 cup EGG SUBSTITUTE, LIQUID

DIRECTIONS

For the Crust:

Preheat oven to 325°F. Stir together the graham cracker, crushed into crumbs, melted butter and oil and sugar until combined. Press into a 9 inch springform pan and bake for 10-15 minutes. Cool on wire rack.

Increase oven temperature to 500°F.

Drain cottage cheese and place in a food processor. Process until smooth. Add cream cheese and yogurt cheese and combine by processing until just smooth. Scrape bowl as needed. Add sugar, salt, lemon and vanilla and combine. Add egg substitute in a stream while motor is running and process until smooth.

Gently spray the inside of the crust with cooking spray. Place the springform pan with crust in a rimmed cooking sheet and pour in the mixture.

Bake for 10 minutes. Without opening oven door, reduce the oven temperature to 200°F and bake for about 1 1/2 hours.

Transfer the cake to a wire rack and run a paring knife around the edge of the cake to loosen. Cool cake at room temperature until barely warm, 2 1/2 to 3 hours, running a paring knife around the edge of the cake every hour or so. Wrap pan tightly in plastic wrap and refrigerate until cold, about 3 hours.

Allow cheese cake to stand at room temperature before slicing, about 30 minutes. Blot any moisture that forms.

Nutrition Facts

Serving Size: 1 serving (91.7g)
Servings: 1

Amount Per Serving	
Calories 230	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 350mg	15%
Total Carbohydrate 20g	6%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 10g	
Vitamin A 8%	Vitamin C 0%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	