

Bavarian Lemon Creme

*Philadelphia Cream Cheese Favorite Recipes (1988)
1988 Kraft, Inc.*

Servings: 10

*1 envelope unflavored gelatin
1/2 cup cold water
2 packages (8 ounce ea) Neufchatel
cheese, softened
1/3 cup sugar
1/4 cup milk
1/4 cup lemon juice
1/2 teaspoon grated lemon peel
2 egg whites
2 cups frozen whipped topping,
thawed
LEMON SAUCE
3/4 cup sugar
2 tablespoons cornstarch
1/4 cup water
1/4 cup lemon juice
2 egg yolks, beaten*

Prepare the lemon sauce: In a saucepan, combine the sugar and cornstarch. Gradually add the water and the juice. Cook, stirring constantly, until the mixture is clear and thickened. Stir a small amount of the hot mixture into the egg yolks. Return to the hot mixture. Cook, stirring constantly, over low heat until thickened. Cool.

Soften the gelatin in the water. Stir over low heat until dissolved.

In a bowl, combine the Neufchatel cheese and the sugar, mixing until well blended. Gradually add the gelatin, milk, lemon juice and lemon peel, mixing until blended. Chill, stirring occasionally, until thickened but not set.

Beat with an electric mixer or wire whisk until smooth. Beat the egg whites until stiff peaks form. Fold the egg whites and whipped topping into the Neufchatel cheese mixture. Pour into a lightly oiled 1-1/2-quart mold.

Chill until firm.

Unmold. Serve with the lemon sauce.

Variation: Substitute cream cheese for Neufchatel cheese. Increase the sugar to 1/2 cup. Substitute one cup of whipping cream, whipped, for whipped topping.

Per Serving (excluding unknown items): 203 Calories; 7g Fat (28.3% calories from fat); 4g Protein; 33g Carbohydrate; trace Dietary Fiber; 61mg Cholesterol; 129mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	203
% Calories from Fat:	28.3%
% Calories from Carbohydrates:	63.2%
% Calories from Protein:	8.5%
Total Fat (g):	7g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	61mg
Carbohydrate (g):	33g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	129mg
Potassium (mg):	64mg
Calcium (mg):	31mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	6mg
Vitamin A (i.u.):	332IU
Vitamin A (r.e.):	99RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	10mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories	203	Calories from Fat: 57
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% Daily Values*

Total Fat	7g	10%
Saturated Fat	4g	19%
Cholesterol	61mg	20%
Sodium	129mg	5%
Total Carbohydrates	33g	11%
Dietary Fiber	trace	0%
Protein	4g	
Vitamin A		7%
Vitamin C		10%
Calcium		3%
Iron		1%

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