



Avocado Flan



Vegetarian



Gluten Free

READY IN



160 min.

SERVINGS



4

CALORIES



212 kcal

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 ounces cream cheese at room temperature
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup regular corn fresh thawed
- ☐ 1 cup half-and-half
- ☐ 0.5 juice of lime juiced
- ☐ 2 tablespoons onion red chopped

- ☐ 1.5 teaspoons salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup milk whole

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ ramekin
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 4 (4-ounce) ramekins
- ☐ Preheat the oven to 325 degrees F.
- ☐ In a blender, combine the half-and-half, milk, egg, egg yolk, cream cheese, avocados, salt and pepper. Blend until smooth.
- ☐ Pour the mixture into 4 (4-ounce) ramekins.
- ☐ Arrange the ramekins in a glass baking dish, and add enough hot water to come halfway up the sides. Cover the baking dish with foil.
- ☐ Bake until the custard is set, about 1 hour.
- ☐ Remove the flans from the oven. Cool to room temperature then refrigerate for 1 hour. Bring the flans to room temperature for 30 minutes before serving. Top with corn relish and serve.
- ☐ In a small bowl, combine the corn, cilantro, red onion, and lime juice. Season with salt and pepper, to taste.

Nutrition Facts



 **PROTEIN 13.02%**  **FAT 63.79%**  **CARBS 23.19%**

Properties

Glycemic Index:47, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:7.3913043581921%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 211.95kcal (10.6%), Fat: 15.55g (23.93%), Saturated Fat: 8.58g (53.63%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 11.85g (4.31%), Sugar: 7.11g (7.9%), Cholesterol: 128.67mg (42.89%), Sodium: 988.68mg (42.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.29%), Phosphorus: 177.37mg (17.74%), Vitamin B2: 0.29mg (16.97%), Selenium: 9.89µg (14.13%), Vitamin A: 662.38IU (13.25%), Calcium: 131.76mg (13.18%), Vitamin B5: 0.95mg (9.47%), Vitamin B12: 0.5µg (8.27%), Potassium: 277.35mg (7.92%), Folate: 31.53µg (7.88%), Vitamin B1: 0.11mg (7.37%), Magnesium: 27.1mg (6.77%), Vitamin B6: 0.13mg (6.66%), Zinc: 0.86mg (5.74%), Vitamin C: 4.56mg (5.53%), Vitamin D: 0.8µg (5.32%), Manganese: 0.1mg (4.95%), Vitamin B3: 0.78mg (3.89%), Vitamin E: 0.56mg (3.74%), Fiber: 0.87g (3.49%), Iron: 0.59mg (3.28%), Copper: 0.05mg (2.28%), Vitamin K: 2.28µg (2.17%)