



Caramel-Cream Cheese Flan



Vegetarian



Gluten Free

READY IN



430 min.

SERVINGS



8

CALORIES



535 kcal

DESSERT

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 4 egg whites
- ☐ 7 egg yolks
- ☐ 12 oz evaporated milk canned
- ☐ 0.8 cup milk
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups sugar divided
- ☐ 14 oz condensed milk sweetened canned

☐ 1.5 teaspoons vanilla extract

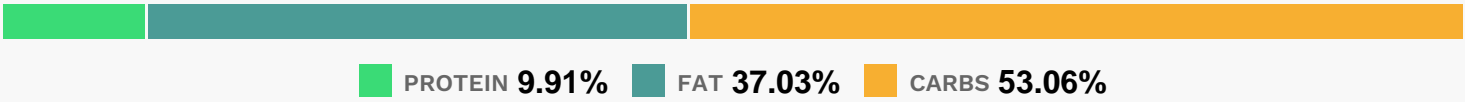
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form

Directions

- ☐ Cook 1 cup sugar in a 9-inch round cake pan over medium heat, stirring occasionally, 5 minutes or until sugar melts and turns golden brown.
- ☐ Remove pan from heat, and let stand 5 minutes. (Sugar will harden.)
- ☐ Meanwhile, whisk together egg yolks and next 5 ingredients in a large bowl.
- ☐ Process egg whites, cream cheese, and remaining 1/2 cup sugar in a blender until smooth.
- ☐ Add 2 cups egg yolk mixture, and process until smooth. Stir egg white mixture into remaining egg yolk mixture until blended.
- ☐ Pour custard over caramelized sugar in pan.
- ☐ Place cake pan in a large shallow pan.
- ☐ Add hot water to large pan to depth of one-third up sides of cake pan.
- ☐ Bake at 350 for 50 to 60 minutes or until a knife inserted into center of flan comes out clean.
- ☐ Remove pan from water; cool completely on a wire rack (about 2 hours). Cover and chill 4 hours to 2 days.
- ☐ Run a knife around edge of flan to loosen; invert onto a serving plate. (Once inverted, the flan will take about 30 seconds to slip from the pan. Be sure to use a serving plate with a lip to catch the extra caramel sauce.)

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:43.47, Inflammation Score:-5, Nutrition Score:11.148695593295%

Nutrients (% of daily need)

Calories: 534.66kcal (26.73%), Fat: 22.33g (34.36%), Saturated Fat: 12.33g (77.08%), Carbohydrates: 72.01g (24%), Net Carbohydrates: 72.01g (26.19%), Sugar: 71.14g (79.04%), Cholesterol: 230.68mg (76.89%), Sodium: 275.03mg (11.96%), Alcohol: 0.26g (100%), Alcohol %: 0.15% (100%), Protein: 13.45g (26.91%), Vitamin B2: 0.59mg (34.96%), Selenium: 23.24µg (33.2%), Calcium: 329.37mg (32.94%), Phosphorus: 329mg (32.9%), Vitamin A: 879IU (17.58%), Vitamin B5: 1.39mg (13.9%), Vitamin B12: 0.79µg (13.21%), Potassium: 428.13mg (12.23%), Zinc: 1.4mg (9.34%), Folate: 35.01µg (8.75%), Vitamin D: 1.24µg (8.29%), Magnesium: 30.93mg (7.73%), Vitamin B1: 0.11mg (7.49%), Vitamin B6: 0.13mg (6.62%), Vitamin E: 0.81mg (5.39%), Iron: 0.67mg (3.71%), Vitamin C: 2.1mg (2.54%), Copper: 0.04mg (1.92%), Vitamin B3: 0.26mg (1.3%), Vitamin K: 1.33µg (1.26%), Manganese: 0.02mg (1.16%)