



Cheese Flan

 Vegetarian  Gluten Free

READY IN



4500 min.

SERVINGS



8

CALORIES



448 kcal

DESSERT

Ingredients

- ☐ 1 stick cinnamon (3-inch)
- ☐ 8 ounces cream cheese softened
- ☐ 5 large eggs
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 14 ounces condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.3 cup water

☐ 2.5 cups milk whole

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ knife

☐ whisk

☐ ramekin

☐ roasting pan

☐ aluminum foil

☐ pastry brush

Directions

☐ Heat sugar and water in a small heavy saucepan over medium-high heat, stirring until sugar is dissolved. Cook, without stirring, brushing down sugar crystals from side of pan using a pastry brush dipped in cold water and swirling pan occasionally so caramel browns evenly, until dark amber. Immediately pour into ramekins and swirl so caramel coats bottom of each and partway up side, then put in a roasting pan.

☐ Preheat oven to 350°F with rack in middle.

☐ Bring milk with cinnamon stick just to a simmer in a small heavy saucepan, then remove from heat and let steep, covered, 5 minutes.

☐ Remove cinnamon.

☐ Meanwhile, blend condensed milk and cream cheese in a food processor until smooth.

☐ Add eggs, vanilla, and salt and blend until smooth.

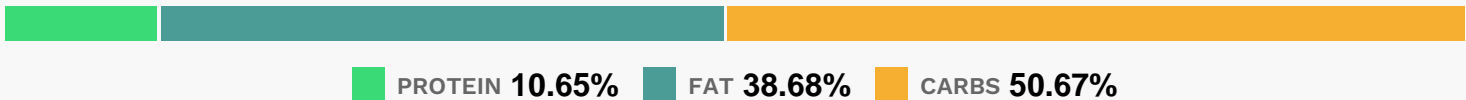
☐ Transfer to a large bowl, then whisk in hot milk.

☐ Divide among ramekins, then add enough boiling water to pan to reach halfway up sides of ramekins. Cover pan loosely with a sheet of foil and bake until custards are just set (they will

still wobble slightly in center when tapped), 45 to 55 minutes.

- ☐
- Remove ramekins from water bath and let stand at least 15 minutes (flan will continue to set). Just before serving (warm or at room temperature), run a thin knife around flans to loosen, then invert onto plates.
- ☐
- Flan can be made 2 days ahead. Chill in ramekins, uncovered, until cool, then cover.
- ☐
- Let stand at room temperature about 1 hour before serving. To serve warm, put ramekins in a roasting pan of hot water and straddle over 2 burners on low, then heat about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:25.14, Glycemic Load:35.7, Inflammation Score:-5, Nutrition Score:10.519999859126%

Nutrients (% of daily need)

Calories: 447.68kcal (22.38%), Fat: 19.57g (30.1%), Saturated Fat: 10.85g (67.8%), Carbohydrates: 57.66g (19.22%), Net Carbohydrates: 57.42g (20.88%), Sugar: 56.86g (63.18%), Cholesterol: 170.9mg (56.97%), Sodium: 262.42mg (11.41%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 12.12g (24.25%), Vitamin B2: 0.52mg (30.88%), Selenium: 20.99µg (29.98%), Phosphorus: 295.05mg (29.5%), Calcium: 284.62mg (28.46%), Vitamin B12: 0.97µg (16.18%), Vitamin A: 806.76IU (16.14%), Vitamin B5: 1.3mg (12.99%), Potassium: 382.11mg (10.92%), Vitamin D: 1.56µg (10.42%), Zinc: 1.34mg (8.9%), Magnesium: 28.75mg (7.19%), Vitamin B1: 0.11mg (7.1%), Vitamin B6: 0.14mg (7.08%), Folate: 22.72µg (5.68%), Manganese: 0.1mg (4.83%), Vitamin E: 0.7mg (4.66%), Iron: 0.72mg (4.01%), Copper: 0.04mg (2.03%), Vitamin C: 1.31mg (1.58%), Vitamin K: 1.35µg (1.29%), Vitamin B3: 0.24mg (1.21%)