



Cheesecake Flan

READY IN



45 min.

SERVINGS



8

CALORIES



502 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 4 large eggs
- ☐ 1 cup evaporated milk
- ☐ 8 ounce carton mascarpone cheese 1 cup
- ☐ 0.8 cup sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup water
- ☐ 3 slices bread white

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Sprinkle sugar in a heavy skillet. Cook over medium heat, stirring constantly with a wooden spoon, until sugar melts and turns light brown.
- ☐ Remove from heat. Quickly pour hot caramel into a 9" round cakepan, tilting to coat bottom; set pan aside. (Caramel syrup will harden and crack.)
- ☐ Combine eggs and remaining 7 ingredients in a large food processor or blender. Process just until smooth, stopping once to scrape down sides.
- ☐ Pour custard mixture over syrup in cakepan.
- ☐ Place cakepan in a large shallow pan. Cover cakepan with aluminum foil.
- ☐ Add hot water to shallow pan to depth of 1".
- ☐ Bake at 350 for 50 to 55 minutes or until knife inserted off center comes out clean. (Center should still be slightly liquid; flan will finish cooking as it cools.)
- ☐ Remove cakepan from water bath; cool flan completely on a wire rack. Cover and chill several hours or overnight. Loosen edges of flan with a spatula, and invert flan onto a rimmed serving plate, letting caramel sauce drizzle over the top.
- ☐ Note: We found that a large food processor worked best for blending this flan. Otherwise we recommend using a blender.

Nutrition Facts



 **PROTEIN 9.63%**  **FAT 47.26%**  **CARBS 43.11%**

Properties

Glycemic Index:25.73, Glycemic Load:32.84, Inflammation Score:-5, Nutrition Score:9.2760868979537%

Nutrients (% of daily need)

Calories: 501.79kcal (25.09%), Fat: 26.46g (40.7%), Saturated Fat: 13.84g (86.52%), Carbohydrates: 54.3g (18.1%), Net Carbohydrates: 54.08g (19.67%), Sugar: 49.52g (55.02%), Cholesterol: 147.35mg (49.12%), Sodium: 242.93mg (10.56%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 12.14g (24.27%), Calcium: 298.99mg (29.9%), Vitamin B2: 0.45mg (26.39%), Selenium: 18.03µg (25.76%), Phosphorus: 250.79mg (25.08%), Vitamin A: 927.53IU (18.55%), Vitamin B5: 1.01mg (10.11%), Potassium: 328.29mg (9.38%), Vitamin B12: 0.5µg (8.27%), Vitamin B1: 0.12mg (7.84%), Folate: 30.19µg (7.55%), Zinc: 1.12mg (7.46%), Magnesium: 26.4mg (6.6%), Iron: 0.92mg (5.09%), Vitamin B6: 0.09mg (4.64%), Vitamin D: 0.63µg (4.2%), Vitamin E: 0.58mg (3.84%), Manganese: 0.07mg (3.46%), Vitamin B3: 0.63mg (3.17%), Copper: 0.05mg (2.35%), Vitamin C: 1.9mg (2.3%)