



ChocoFlan

READY IN



105 min.

SERVINGS



24

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup mexican caramel sauce cajeta
- ☐ 0.5 cup knudsen cream sour
- ☐ 8 ounce philadelphia cream cheese cubed softened
- ☐ 7 large eggs divided
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 18.3 ounce chocolate cake mix
- ☐ 0.3 cup oil
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla

- ☐ 1 cup water
- ☐ 1 cup cool whip whipped topping thawed

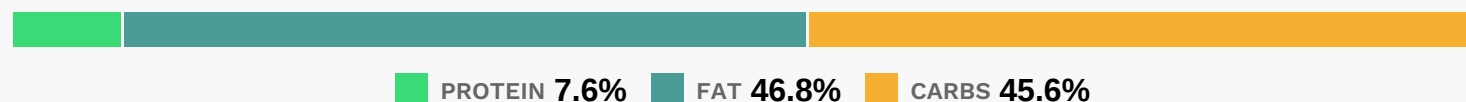
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ Pour caramel sauce into 12-cup fluted tube pan sprayed with cooking spray. Blend evaporated milk, cream cheese, 4 eggs, vanilla and sugar in blender until smooth.
- ☐ Beat cake mix, water, oil and remaining eggs with mixer until blended.
- ☐ Add sour cream; mix well.
- ☐ Pour over caramel in tube pan; gently ladle flan mixture over cake batter. Cover pan with foil sprayed with cooking spray, sprayed-side down.
- ☐ Place in larger pan.
- ☐ Add enough water to larger pan to come halfway up side of tube pan.
- ☐ Bake 1-1/2 hours or until toothpick inserted near center comes out clean. Cool completely in pan on wire rack. Refrigerate 2 hours. Loosen dessert from side of pan; invert onto plate.
- ☐ Remove pan.
- ☐ Serve dessert topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:4.05, Glycemic Load:5.96, Inflammation Score:-2, Nutrition Score:5.0443478317364%

Nutrients (% of daily need)

Calories: 252.88kcal (12.64%), Fat: 13.6g (20.92%), Saturated Fat: 4.81g (30.09%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 29.29g (10.65%), Sugar: 22.07g (24.53%), Cholesterol: 70.97mg (23.66%), Sodium: 264.28mg (11.49%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 4.97g (9.93%), Phosphorus: 135.01mg (13.5%), Selenium: 8.67µg (12.38%), Vitamin B2: 0.18mg (10.72%), Calcium: 98.02mg (9.8%), Vitamin E: 1.08mg (7.19%), Iron: 1.27mg (7.08%), Folate: 22.73µg (5.68%), Vitamin A: 278.05IU (5.56%), Copper: 0.1mg (5.21%), Potassium: 161.2mg (4.61%), Magnesium: 17.33mg (4.33%), Vitamin B5: 0.42mg (4.25%), Zinc: 0.54mg (3.62%), Vitamin B1: 0.05mg (3.55%), Vitamin K: 3.54µg (3.37%), Vitamin B12: 0.2µg (3.32%), Manganese: 0.06mg (2.88%), Vitamin B6: 0.05mg (2.43%), Fiber: 0.52g (2.07%), Vitamin D: 0.31µg (2.04%), Vitamin B3: 0.4mg (2.01%)