



Chocoflan

 Popular

READY IN



275 min.

SERVINGS



16

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup mrs richardson's butterscotch caramel sauce smuckers® (from 12.25-oz jar)
- 1 box chocolate cake mix
- 1 cup water
- 0.5 cup vegetable oil
- 3 eggs
- 14 oz condensed milk sweetened canned (not evaporated)
- 1 cup milk
- 4 eggs

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- hand mixer
- toothpicks
- roasting pan
- cake form
- aluminum foil
- spatula

Directions

- Heat oven to 350°F. Spray 12-cup fluted tube cake pan with cooking spray.
- Pour and spread caramel topping in bottom of pan.
- In large bowl, beat cake mix, water, oil and 3 eggs with electric mixer on medium speed 2 minutes, scraping bowl occasionally.
- Pour batter over caramel topping in pan.
- In blender, place Flan ingredients. Cover; blend on high speed about 20 seconds or until smooth. Slowly pour mixture evenly over batter. (Flan mixture will mix with batter, but they will separate during baking, forming 1 layer of cake and 1 layer of flan.) Spray piece of foil with cooking spray, and place sprayed side down over top of pan; cover tightly.
- Place cake pan in large roasting pan; add 1 inch of hot water to roasting pan.
- Bake 1 hour 20 minutes to ensure cake AND flan layer bake completely (toothpick inserted in center of cake will come out clean).
- Remove cake pan from water bath to cooling rack; remove foil. Cool at room temperature 1 hour. Refrigerate in pan, uncovered, 2 hours.

- Remove from refrigerator; run thin metal spatula around outer and inside edges of pan to loosen cake.
- Place serving plate upside down on cake pan; turn plate and pan over.
- Remove pan. Spoon any remaining caramel from pan over top of cake. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.19, Glycemic Load:8.5, Inflammation Score:-2, Nutrition Score:6.6804348619088%

Nutrients (% of daily need)

Calories: 251.54kcal (12.58%), Fat: 10.05g (15.46%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 35.42g (12.88%), Sugar: 26.65g (29.61%), Cholesterol: 81.87mg (27.29%), Sodium: 300.16mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.05%), Phosphorus: 190.55mg (19.06%), Selenium: 13.26µg (18.95%), Vitamin B2: 0.26mg (15.02%), Calcium: 142.66mg (14.27%), Iron: 1.6mg (8.88%), Folate: 28.59µg (7.15%), Potassium: 232.9mg (6.65%), Copper: 0.13mg (6.4%), Vitamin B12: 0.37µg (6.15%), Magnesium: 23.6mg (5.9%), Vitamin B5: 0.58mg (5.8%), Vitamin B1: 0.08mg (5.63%), Zinc: 0.76mg (5.08%), Vitamin E: 0.66mg (4.42%), Vitamin D: 0.6µg (4.02%), Vitamin A: 198.87IU (3.98%), Vitamin K: 3.78µg (3.6%), Manganese: 0.07mg (3.47%), Vitamin B6: 0.07mg (3.26%), Fiber: 0.65g (2.59%), Vitamin B3: 0.51mg (2.57%)