



Chocolate Cheesecake Flan

 **Gluten Free**

READY IN



380 min.

SERVINGS



12

CALORIES



276 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese cubed softened
- 4 eggs
- 12 oz evaporated milk canned
- 4 oz baker's semi-sweet chocolate divided (6 oz.)
- 1.5 cups sugar divided

Equipment

- frying pan
- sauce pan

- oven
- knife
- blender

Directions

- Heat oven to 350F.
- Melt 4 oz. chocolate as directed on package; cool. Meanwhile, cook 1 cup sugar in saucepan on medium heat until deep golden brown, stirring constantly.
- Pour into 9-inch round pan.
- Blend milk and cream cheese in blender until smooth.
- Add eggs, remaining sugar and melted chocolate; blend well.
- Pour over syrup in pan; place filled pan in larger pan.
- Add enough water to larger pan to come halfway up side of filled pan.
- Bake 1 hour or until knife inserted in center comes out clean.
- Remove flan from water-filled pan; cool completely. Refrigerate 4 hours.
- Meanwhile, melt remaining chocolate. Use teaspoon to drizzle chocolate into 5 or 6 designs on sheet of waxed paper; let stand until firm.
- Loosen flan from side of pan just before serving; unmold onto plate. Carefully remove chocolate designs from waxed paper; use to garnish flan.

Nutrition Facts

PROTEIN 7.85% **FAT 43.99%** **CARBS 48.16%**

Properties

Glycemic Index:8.09, Glycemic Load:17.73, Inflammation Score:-3, Nutrition Score:5.1408695319425%

Nutrients (% of daily need)

Calories: 276.36kcal (13.82%), Fat: 13.74g (21.14%), Saturated Fat: 7.66g (47.88%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 33.09g (12.03%), Sugar: 32.03g (35.59%), Cholesterol: 82.44mg (27.48%), Sodium: 111.42mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 5.52g (11.04%), Phosphorus: 131.38mg (13.14%), Vitamin B2: 0.21mg (12.32%), Selenium: 7.72µg (11.03%), Calcium: 106.65mg (10.66%), Vitamin A: 405.5IU (8.11%), Copper: 0.14mg (6.91%), Magnesium: 26.9mg (6.72%), Manganese: 0.13mg (6.7%), Vitamin B5:

0.54mg (5.42%), Potassium: 185.17mg (5.29%), Iron: 0.94mg (5.23%), Zinc: 0.75mg (5.03%), Vitamin B12: 0.23µg (3.91%), Fiber: 0.76g (3.02%), Vitamin E: 0.42mg (2.78%), Folate: 10.86µg (2.72%), Vitamin B6: 0.05mg (2.65%), Vitamin D: 0.32µg (2.14%), Vitamin B1: 0.03mg (1.77%), Vitamin K: 1.29µg (1.23%)