



## Chocolate-Orange Cream Cheese Flan

 Gluten Free

READY IN



310 min.

SERVINGS



10

CALORIES



350 kcal

DESSERT

### Ingredients

- 8 oz philadelphia cream cheese cubed
- 5 eggs
- 12 oz evaporated milk canned
- 1 small orange zest
- 1 Tbsp liqueur orange-flavored
- 0.1 tsp salt
- 2 oz baker's semi-sweet chocolate cooled melted
- 2 cups sugar divided

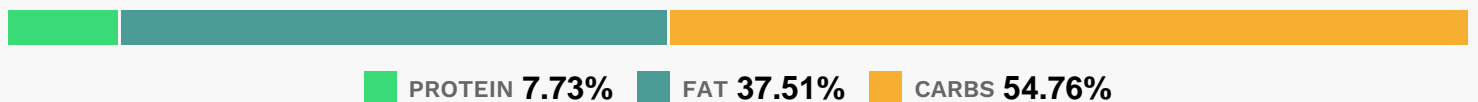
## Equipment

- frying pan
- sauce pan
- oven
- knife
- wire rack
- blender

## Directions

- Heat oven to 350F.
- Cook 1 cup sugar in small heavy saucepan on medium heat until sugar is deep golden brown, stirring constantly.
- Pour into 8-inch round pan.
- Blend milk and cream cheese in blender until smooth.
- Add remaining sugar, eggs, chocolate, liqueur, zest and salt; blend well.
- Pour over syrup in pan; cover.
- Place in larger pan.
- Add enough water to larger pan to come halfway up side of small pan.
- Bake 1 hour or until knife inserted 1 inch from edge comes out clean. Cool flan completely on wire rack. Refrigerate 4 hours. Loosen flan from side of pan; unmold onto plate just before serving.

## Nutrition Facts



## Properties

Glycemic Index:9.71, Glycemic Load:28.26, Inflammation Score:-3, Nutrition Score:5.8886955898741%

## Nutrients (% of daily need)

Calories: 350.19kcal (17.51%), Fat: 14.77g (22.72%), Saturated Fat: 8.08g (50.51%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 47.94g (17.43%), Sugar: 46.93g (52.14%), Cholesterol: 114.95mg (38.32%), Sodium: 168.59mg (7.33%), Alcohol: 0.6g (100%), Alcohol %: 0.59% (100%), Caffeine: 4.88mg (1.63%), Protein: 6.85g (13.7%), Vitamin B2: 0.27mg (15.98%), Phosphorus: 151.88mg (15.19%), Selenium: 10.22µg (14.59%), Calcium: 128.98mg (12.9%), Vitamin A: 512.57IU (10.25%), Vitamin B5: 0.71mg (7.06%), Magnesium: 23.09mg (5.77%), Potassium: 198.87mg (5.68%), Zinc: 0.82mg (5.44%), Vitamin B12: 0.31µg (5.17%), Copper: 0.1mg (5%), Iron: 0.86mg (4.79%), Manganese: 0.09mg (4.37%), Folate: 15.46µg (3.87%), Vitamin B6: 0.07mg (3.56%), Vitamin E: 0.52mg (3.45%), Vitamin D: 0.47µg (3.16%), Vitamin C: 2.28mg (2.76%), Fiber: 0.58g (2.32%), Vitamin B1: 0.03mg (2.22%), Vitamin K: 1.15µg (1.1%)