



Coconut-Cream Cheese Flan

 Gluten Free

READY IN



380 min.

SERVINGS



10

CALORIES



350 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese cubed softened
- 5 eggs
- 12 oz evaporated milk canned
- 0.5 cup baker's angel flake coconut toasted
- 1 tsp rum extract
- 2 cups sugar divided
- 0.7 cup cool whip whipped topping thawed

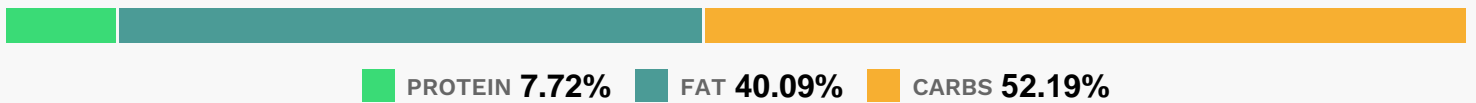
Equipment

- frying pan
- sauce pan
- oven
- knife
- blender

Directions

- Heat oven to 350F.
- Cook 1 cup sugar in small saucepan on medium heat until melted and deep golden brown, stirring constantly. Immediately pour into 9-inch round pan; tilt pan to evenly cover bottom of pan.
- Blend milk and cream cheese in blender until smooth.
- Add remaining sugar, eggs, coconut and rum extract; blend until smooth.
- Pour over syrup in pan; place 9-inch pan in large shallow pan.
- Add enough hot water to large pan to come halfway up side of 9-inch pan.
- Bake 50 min. to 1 hour or until knife inserted near center of flan comes out clean. Cool. Carefully remove flan from water. Refrigerate 4 hours. When ready to serve, unmold flan onto plate.
- Serve topped with Cool Whip.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:28.26, Inflammation Score:-3, Nutrition Score:5.7239130346671%

Nutrients (% of daily need)

Calories: 350.01kcal (17.5%), Fat: 15.99g (24.6%), Saturated Fat: 9.83g (61.43%), Carbohydrates: 46.85g (15.62%), Net Carbohydrates: 46.16g (16.78%), Sugar: 45.76g (50.85%), Cholesterol: 114.71mg (38.24%), Sodium: 144.09mg (6.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.85%), Vitamin B2: 0.28mg (16.27%), Selenium: 10.63µg (15.19%), Phosphorus: 149.34mg (14.93%), Calcium: 128.16mg (12.82%), Vitamin A: 508.39IU (10.17%), Vitamin B5: 0.72mg (7.18%), Manganese: 0.13mg (6.45%), Potassium: 192.3mg (5.49%), Vitamin B12: 0.31µg (5.17%),

Zinc: 0.75mg (5.02%), Magnesium: 17.02mg (4.26%), Vitamin B6: 0.08mg (4.04%), Folate: 15.64µg (3.91%), Iron: 0.64mg (3.56%), Vitamin E: 0.52mg (3.49%), Vitamin D: 0.47µg (3.16%), Copper: 0.06mg (3.12%), Fiber: 0.69g (2.77%), Vitamin B1: 0.03mg (2.24%)