



Coffee "Chocoflan"

READY IN



410 min.

SERVINGS



24

CALORIES



259 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup knudsen cream sour
- 8 oz philadelphia cream cheese cubed softened
- 7 eggs divided
- 12 oz evaporated milk canned
- 1 pkg chocolate cake mix (2-layer size)
- 0.3 tsp ground mexican cinnamon (canela)
- 3 Tbsp maxwell house coffee instant divided
- 0.3 cup oil
- 1 peel of orange cut into strips

- 2 cups sugar divided
- 1.3 cups water divided
- 1 cup cool whip whipped topping thawed

Equipment

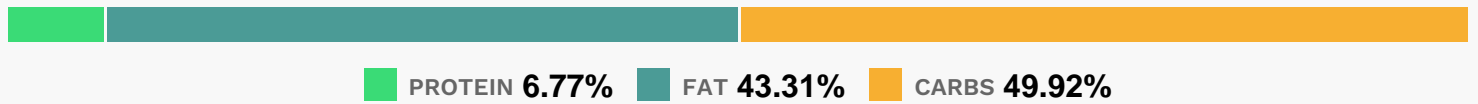
- bowl
- frying pan
- sauce pan
- ladle
- oven
- blender
- toothpicks
- cake form
- aluminum foil
- slotted spoon

Directions

- Heat oven to 375F.
- Combine 1 cup sugar, 1/4 cup water and orange peel in small heavy saucepan; cook (without stirring) on medium-high heat 10 min. or until sugar is melted and deep golden brown in color, using slotted spoon to transfer orange peel to sheet of foil after 8 min. Immediately pour caramel into 12-cup fluted tube pan sprayed with cooking spray; tilt pan to evenly cover bottom of pan with syrup.
- Blend evaporated milk, 4 eggs, cream cheese, 1 Tbsp. coffee, cinnamon and remaining sugar in blender until smooth.
- Beat cake mix, oil, 1 cup of the remaining water, remaining eggs and 5 tsp. of the remaining coffee with mixer until blended.
- Add sour cream; mix well.
- Pour over caramel in pan; gently ladle cream cheese mixture over cake batter. Cover 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 cake pan.
- Bake 1-1/2 hours or until toothpick inserted near center of dessert comes out clean. Cool completely. (Do not remove dessert from pan.) Refrigerate 4 hours. Loosen dessert from sides of pan; invert onto plate.
- Remove pan.
- Add remaining water to remaining coffee in medium bowl; stir until dissolved. Gently stir into COOL WHIP.
- Serve dessert topped with COOL WHIP mixture and orange peel.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:11.78, Inflammation Score:-2, Nutrition Score:4.7086955982706%

Nutrients (% of daily need)

Calories: 258.52kcal (12.93%), Fat: 12.86g (19.78%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 32.86g (11.95%), Sugar: 26.25g (29.17%), Cholesterol: 64.28mg (21.43%), Sodium: 216.19mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 21.6mg (7.2%), Protein: 4.52g (9.04%), Phosphorus: 120.87mg (12.09%), Selenium: 7.75µg (11.07%), Vitamin B2: 0.17mg (9.94%), Calcium: 89.9mg (8.99%), Vitamin E: 1.02mg (6.79%), Iron: 1.12mg (6.23%), Vitamin A: 264.97IU (5.3%), Folate: 19.71µg (4.93%), Potassium: 165.31mg (4.72%), Copper: 0.09mg (4.55%), Magnesium: 17.24mg (4.31%), Vitamin B5: 0.38mg (3.85%), Zinc: 0.49mg (3.28%), Vitamin K: 3.42µg (3.25%), Vitamin B1: 0.05mg (3.12%), Manganese: 0.06mg (3.11%), Vitamin B12: 0.17µg (2.9%), Vitamin B3: 0.52mg (2.61%), Vitamin B6: 0.04mg (2.25%), Fiber: 0.5g (2%), Vitamin D: 0.27µg (1.81%), Vitamin C: 0.99mg (1.2%)