



Cream Cheese Flan

 Vegetarian  Gluten Free

READY IN



290 min.

SERVINGS



50

CALORIES



62 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese cubed softened
- 5 eggs
- 12 oz evaporated milk canned
- 2 cups sugar divided
- 1 tsp vanilla

Equipment

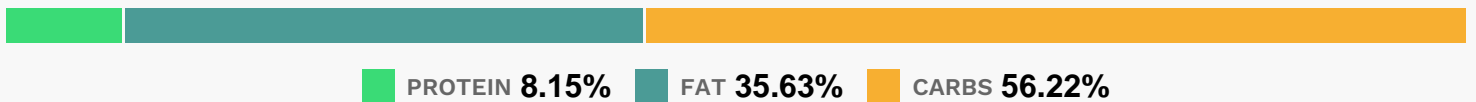
- frying pan
- sauce pan

- oven
- knife
- wire rack
- blender

Directions

- Heat oven to 350F.
- Cook 1 cup sugar in small saucepan on medium heat until melted and deep golden brown, stirring constantly.
- Pour into 9-inch round pan; tilt pan to evenly cover bottom with syrup.
- Blend milk and cream cheese in blender until smooth.
- Add remaining sugar, eggs and vanilla; blend just until smooth.
- Pour over syrup in pan.
- Place filled pan in larger pan; add enough hot water to larger pan to come halfway up side of small pan.
- Bake 50 min. to 1 hour or until knife inserted near center comes out clean. Cool slightly. Carefully remove flan from water; cool completely on wire rack. Refrigerate several hours or until chilled. Unmold onto plate just before serving.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:5.65, Inflammation Score:-1, Nutrition Score:0.97652174176081%

Nutrients (% of daily need)

Calories: 62.39kcal (3.12%), Fat: 2.52g (3.88%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 8.94g (3.25%), Sugar: 8.86g (9.85%), Cholesterol: 22.92mg (7.64%), Sodium: 27.79mg (1.21%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.3g (2.59%), Vitamin B2: 0.05mg (3.16%), Selenium: 1.95µg (2.78%), Phosphorus: 27.38mg (2.74%), Calcium: 24.71mg (2.47%), Vitamin A: 100.94IU (2.02%), Vitamin B5: 0.14mg (1.37%)