



Cream Cheese Flan

 Vegetarian  Gluten Free

READY IN



315 min.

SERVINGS



8

CALORIES



453 kcal

DESSERT

Ingredients

- 8 ounce cream cheese softened
- 5 eggs
- 12 ounce evaporated milk canned
- 1 cup granulated sugar
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract
- 0.3 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- blender
- roasting pan
- aluminum foil
- measuring cup
- pastry brush

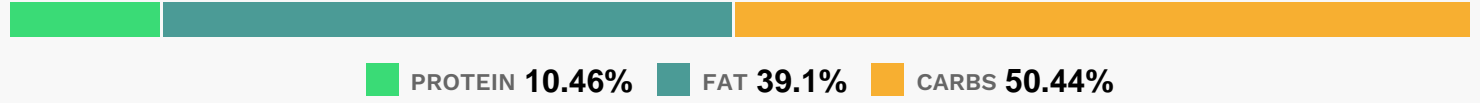
Directions

- Watch how to make this recipe.
- Position rack in center of oven and preheat to 350 degrees F.
- Arrange 8 (6-ounce) oven-safe custard or dessert cups in a large roasting pan. Stir sugar and water in a small saucepan over low heat until sugar dissolves. Increase heat to high and boil without stirring until liquid is a deep golden brown, brushing down sides of saucepan with a wet pastry brush to prevent sugar from crystallizing, about 12 minutes. Quickly pour syrup into prepared cups.
- In a blender, combine condensed milk, cream cheese, eggs, and vanilla. Blend until smooth, about 30 seconds.
- Transfer to an 8-cup measuring cup or large bowl.
- Whisk in evaporated milk. Divide custard equally among prepared cups.
- Transfer roasting pan to oven.
- Pour enough water into roasting pan to come halfway up the sides of the custard cups.
- Bake until sides are firmly set and only the very center of custards jiggle slightly when cups are gently shaken, about 45 minutes (custards will firm up as they cool).
- Remove cups from pan, cover tightly with aluminum foil, and refrigerate until cold, at least 4 hours and up to 24 hours. Run small sharp knife around sides of custards. Invert each cup onto a dessert plate, shaking gently to release custard from cups.

Drizzle caramel sauce over custard.

Serve cold.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:34.34, Inflammation Score:-4, Nutrition Score:9.6030435432558%

Nutrients (% of daily need)

Calories: 452.9kcal (22.64%), Fat: 19.98g (30.74%), Saturated Fat: 11.26g (70.4%), Carbohydrates: 57.98g (19.33%), Net Carbohydrates: 57.98g (21.09%), Sugar: 57.44g (63.82%), Cholesterol: 160.13mg (53.38%), Sodium: 236.81mg (10.3%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 12.03g (24.06%), Vitamin B2: 0.54mg (31.58%), Phosphorus: 296.66mg (29.67%), Calcium: 295.31mg (29.53%), Selenium: 19.35µg (27.64%), Vitamin A: 763.33IU (15.27%), Vitamin B5: 1.23mg (12.27%), Potassium: 389.52mg (11.13%), Vitamin B12: 0.59µg (9.89%), Zinc: 1.29mg (8.63%), Magnesium: 29.09mg (7.27%), Folate: 24.34µg (6.08%), Vitamin B1: 0.08mg (5.48%), Vitamin B6: 0.11mg (5.47%), Vitamin D: 0.69µg (4.61%), Vitamin E: 0.68mg (4.53%), Iron: 0.7mg (3.89%), Vitamin C: 2.1mg (2.54%), Copper: 0.04mg (2.12%), Vitamin B3: 0.24mg (1.18%), Vitamin K: 1.23µg (1.17%)