



Cream Cheese Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



535 kcal

DESSERT

Ingredients

- 8 ounce cream cheese softened
- 4 egg whites
- 7 egg yolks
- 12 ounce evaporated milk canned
- 0.8 cup milk
- 0.1 teaspoon salt
- 1.5 cups sugar divided
- 14 ounce condensed milk sweetened canned

- 1.5 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- sieve
- blender
- oven mitt

Directions

- Cook 1 cup sugar in a medium-size saucepan over medium heat, stirring constantly, 5 minutes or until sugar melts and turns a light golden brown. Quickly pour hot caramelized sugar into a 2-quart flan dish. Using oven mitts, tilt dish to evenly coat bottom and sides.
- Let stand 5 minutes. Sugar will harden.
- Whisk together egg yolks and next 5 ingredients in a large bowl.
- Process egg whites, cream cheese, and remaining 1/2 cup sugar in blender until smooth. Stir egg white mixture into egg yolk mixture.
- Pour mixture through a wire-mesh strainer into a large bowl; pour custard over caramelized sugar.
- Place dish in a large shallow pan.
- Add hot water to pan to a depth of one-third up sides of dish.
- Bake at 350 for 1 hour and 45 minutes.
- Remove dish from water bath; cool completely on a wire rack. Cover and chill at least 3 hours.
- Run a knife around edge of flan to loosen; invert onto a serving plate.

Nutrition Facts

■ PROTEIN 9.91% ■ FAT 37.03% ■ CARBS 53.06%

Properties

Glycemic Index:24.51, Glycemic Load:43.47, Inflammation Score:-5, Nutrition Score:11.148695593295%

Nutrients (% of daily need)

Calories: 534.66kcal (26.73%), Fat: 22.33g (34.36%), Saturated Fat: 12.33g (77.08%), Carbohydrates: 72.01g (24%), Net Carbohydrates: 72.01g (26.19%), Sugar: 71.14g (79.04%), Cholesterol: 230.68mg (76.89%), Sodium: 275.03mg (11.96%), Alcohol: 0.26g (100%), Alcohol %: 0.15% (100%), Protein: 13.45g (26.91%), Vitamin B2: 0.59mg (34.96%), Selenium: 23.24µg (33.2%), Calcium: 329.37mg (32.94%), Phosphorus: 329mg (32.9%), Vitamin A: 879IU (17.58%), Vitamin B5: 1.39mg (13.9%), Vitamin B12: 0.79µg (13.21%), Potassium: 428.13mg (12.23%), Zinc: 1.4mg (9.34%), Folate: 35.01µg (8.75%), Vitamin D: 1.24µg (8.29%), Magnesium: 30.93mg (7.73%), Vitamin B1: 0.11mg (7.49%), Vitamin B6: 0.13mg (6.62%), Vitamin E: 0.81mg (5.39%), Iron: 0.67mg (3.71%), Vitamin C: 2.1mg (2.54%), Copper: 0.04mg (1.92%), Vitamin B3: 0.26mg (1.3%), Vitamin K: 1.33µg (1.26%), Manganese: 0.02mg (1.16%)