



## Decadent Butterscotch Flan

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



345 kcal

DESSERT

### Ingredients

- ☐ 8 servings butter
- ☐ 8 ounce cream cheese softened
- ☐ 6 eggs
- ☐ 0.5 cup smucker's® butterscotch spoonable ice cream topping
- ☐ 8 servings ground nutmeg
- ☐ 2 cups milk
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

☐ 5 cups water

## Equipment

☐ frying pan

☐ paper towels

☐ oven

☐ knife

☐ hand mixer

☐ roasting pan

## Directions

☐ Heat oven to 350 degrees F. Butter eight individual 6 ounce custard cups. Line a large baking or roasting pan with a doubled paper towel. Set aside. Bring 5 cups of water to boiling in a medium pan.

☐ Place 1 tablespoon Smucker's Butterscotch Ice Cream topping into each custard cup.

☐ Beat together cream cheese, sugar and vanilla with an electric mixer until smooth. Beat in eggs, one at a time, until smooth. Blend in milk. Divide egg mixture evenly into 8 custard cups.

☐ Place cups in prepared pan.

☐ Pour boiling water carefully into the larger pan, to a level halfway up the sides of the custard cups.

☐ Bake 35 to 40 minutes or until a paring knife inserted halfway between pan and center of filling comes out clean. Do not overcook.

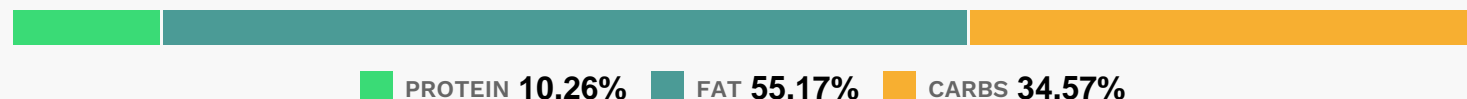
☐ Remove cups from hot water bath and cool on rack for 1 hour or until room temperature. With a sharp thin knife, loosen edge of custard. Invert cups onto individual serving plates.

☐ Let stand a few seconds.

☐ Remove cup and spoon remaining topping in the bottom of the cup over custard.

☐ Sprinkle with nutmeg.

## Nutrition Facts



# Properties

Glycemic Index:31.89, Glycemic Load:10.63, Inflammation Score:-5, Nutrition Score:8.153043422686%

## Nutrients (% of daily need)

Calories: 345.43kcal (17.27%), Fat: 21.35g (32.85%), Saturated Fat: 11.74g (73.37%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 29.16g (10.6%), Sugar: 23.85g (26.49%), Cholesterol: 169.65mg (56.55%), Sodium: 264.83mg (11.51%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 8.94g (17.87%), Selenium: 14.32µg (20.46%), Vitamin B2: 0.32mg (19.01%), Phosphorus: 181.2mg (18.12%), Vitamin A: 785.12IU (15.7%), Calcium: 139.82mg (13.98%), Vitamin B12: 0.71µg (11.76%), Vitamin B5: 0.92mg (9.23%), Vitamin D: 1.33µg (8.87%), Vitamin E: 1.24mg (8.24%), Manganese: 0.14mg (7.25%), Magnesium: 28.25mg (7.06%), Copper: 0.14mg (7.05%), Zinc: 1.04mg (6.93%), Potassium: 237.61mg (6.79%), Vitamin B6: 0.12mg (5.82%), Iron: 0.92mg (5.14%), Folate: 20.49µg (5.12%), Vitamin B1: 0.07mg (4.5%), Fiber: 0.95g (3.79%), Vitamin K: 1.7µg (1.62%)