



Flan De Queso



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



181 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 1 tablespoon cornstarch
- ☐ 8 ounce block
- ☐ 4 large egg whites
- ☐ 3 large eggs
- ☐ 5 ounce evaporated milk fat-free canned
- ☐ 2 tablespoons granulated sugar
- ☐ 2 cups milk 1% low-fat

- ☐ 0.7 cup condensed milk fat-free sweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 2 tablespoons water

Equipment

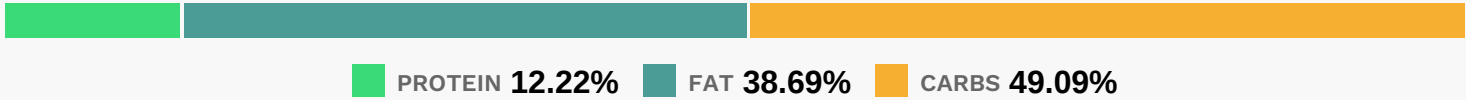
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat oven to 32
- ☐ Combine brown sugar and water in a small, heavy saucepan over medium-low heat, and cook until sugar dissolves and is golden (about 5 minutes), stirring frequently. Immediately pour into 2 (8-inch) cake pans, tipping quickly until caramelized sugar coats bottoms of pans.
- ☐ Combine the granulated sugar and the next 5 ingredients (granulated sugar through cream cheese) in a food processor or blender, and process until smooth.
- ☐ Pour into a large bowl.
- ☐ Add milks, stirring until well-blended.
- ☐ Divide mixture evenly between prepared cake pans.
- ☐ Place pans in a jelly-roll pan; add hot water to baking pan to a depth of 1 inch.
- ☐ Bake at 325 for 1 hour and 15 minutes or until a knife inserted in center comes out clean.
- ☐ Remove pans from water. Cover and chill 3 hours.
- ☐ Loosen edges of flan with a knife or rubber spatula.

- ☐ Place a large plate, upside down, on top of each pan; invert onto plates.
- ☐ Drizzle any remaining caramelized syrup over flans.
- ☐ Cut each into 8 wedges.
- ☐ Garnish with mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:5.49, Inflammation Score:-2, Nutrition Score:4.2952173684278%

Nutrients (% of daily need)

Calories: 181.19kcal (9.06%), Fat: 7.85g (12.07%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 22.39g (8.14%), Sugar: 21.48g (23.86%), Cholesterol: 57.57mg (19.19%), Sodium: 111.69mg (4.86%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 5.58g (11.15%), Vitamin B2: 0.23mg (13.81%), Calcium: 124.78mg (12.48%), Selenium: 8.6µg (12.29%), Phosphorus: 116.1mg (11.61%), Vitamin A: 354.03IU (7.08%), Vitamin B12: 0.37µg (6.2%), Potassium: 180.65mg (5.16%), Vitamin B5: 0.51mg (5.13%), Vitamin D: 0.55µg (3.64%), Zinc: 0.51mg (3.42%), Magnesium: 13.31mg (3.33%), Vitamin B6: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.66%), Folate: 8.82µg (2.2%), Vitamin E: 0.26mg (1.74%), Iron: 0.3mg (1.69%), Copper: 0.02mg (1.03%)