



Flan de Queso - Cream Cheese Flan

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



8

CALORIES



406 kcal

DESSERT

Ingredients

- 1 tsp cinnamon powder
- 14 oz condensed milk
- 8 oz philadelphia cream cheese
- 5 eggs
- 12 oz evaporated milk
- 0.5 cup sugar
- 1 tsp vanilla extract
- 1 Tbsp water

Equipment

- frying pan
- oven
- knife
- whisk
- mixing bowl
- double boiler
- baking pan
- toothpicks
- roasting pan
- cake form
- aluminum foil

Directions

- PREHEAT oven to 350F.
- COMBINE sugar and water over medium–low heat until sugar dissolves in a heavy, small pan. Boil but do not stir, hold the pans handle and slowly swirl pan to incorporate sugar and water to resemble amber syrup. Do not burn. Approximately 8 minutes.
- IMMEDIATELY pour syrup into 9–inch cake pan. Carefully swirl the cake pan around to cover the entire bottom in syrup. Set aside.
- WHISK eggs, cream cheese, evaporated milk, condensed milk, cinnamon and vanilla in a large mixing bowl.
- POUR into prepared cake pan and cover lightly with aluminum foil.
- Place covered cake pan in a large roasting pan. Fill roasting pan half way up with boiling water as a bain–marie.
- BAKE for one 1 hour and 25 minutes or until toothpick inserted comes out clean.
- REMOVE baking pan from oven and let cool in the baking pan with water.
- Remove from water and refrigerate overnight.

RUN a small knife around flan to loosen. To unmold, place a plate atop the cake pan, hold plate firmly and invert. Shake gently and allow flan to settle onto plate.

Nutrition Facts



PROTEIN 11.72% **FAT 43.69%** **CARBS 44.59%**

Properties

Glycemic Index:20.39, Glycemic Load:25.62, Inflammation Score:-5, Nutrition Score:9.7791304251422%

Nutrients (% of daily need)

Calories: 405.65kcal (20.28%), Fat: 19.94g (30.68%), Saturated Fat: 11.26g (70.4%), Carbohydrates: 45.8g (15.27%), Net Carbohydrates: 45.63g (16.59%), Sugar: 44.97g (49.97%), Cholesterol: 160.13mg (53.38%), Sodium: 236.45mg (10.28%), Alcohol: 0.18g (100%), Alcohol %: 0.14% (100%), Protein: 12.04g (24.08%), Vitamin B2: 0.53mg (31.45%), Calcium: 298.28mg (29.83%), Phosphorus: 296.87mg (29.69%), Selenium: 19.29µg (27.55%), Vitamin A: 764.29IU (15.29%), Vitamin B5: 1.23mg (12.28%), Potassium: 390.71mg (11.16%), Vitamin B12: 0.59µg (9.89%), Zinc: 1.3mg (8.65%), Magnesium: 29.23mg (7.31%), Folate: 24.36µg (6.09%), Vitamin B1: 0.08mg (5.49%), Vitamin B6: 0.11mg (5.49%), Vitamin D: 0.69µg (4.61%), Vitamin E: 0.69mg (4.58%), Iron: 0.72mg (4.01%), Manganese: 0.07mg (3.74%), Vitamin C: 2.11mg (2.56%), Copper: 0.04mg (2.09%), Vitamin K: 1.33µg (1.27%), Vitamin B3: 0.24mg (1.2%)