



## Lemon Flan Cake

 Gluten Free

READY IN



200 min.

SERVINGS



20

CALORIES



157 kcal

DESSERT

### Ingredients

- 16 oz philadelphia cream cheese cubed softened
- 3 oz jell-o lemon flavor gelatin
- 1 Tbsp lemon zest
- 0.5 cup milk
- 10.8 oz round cake frozen thawed
- 0.3 cup sugar
- 1 cup water boiling
- 0.5 cup cool whip whipped topping thawed

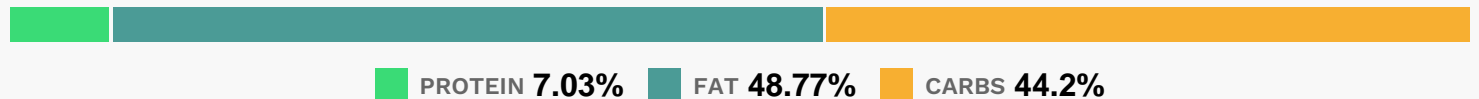
## Equipment

- frying pan
- blender
- aluminum foil

## Directions

- Line 9-inch round pan with foil, with ends of foil extending over side. Spray with cooking spray.
- Cut cake into 1/2-inch-thick slices; arrange on bottom and up side of prepared pan to form even layer, cutting slices as needed to fill in gaps.
- Add boiling water to gelatin mix; stir 2 min. until completely dissolved. Carefully pour into blender.
- Add cream cheese, milk and sugar; blend until smooth. Stir in lemon zest.
- Pour over cake in pan.
- Refrigerate 3 hours or until gelatin is firm. Use foil handles to remove dessert from pan; discard foil. Top dessert with COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:2.19, Inflammation Score:-2, Nutrition Score:2.3726086499898%

## Nutrients (% of daily need)

Calories: 157.4kcal (7.87%), Fat: 8.66g (13.33%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 17.55g (6.38%), Sugar: 13.35g (14.83%), Cholesterol: 39.22mg (13.07%), Sodium: 190.26mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Vitamin A: 339.47IU (6.79%), Vitamin B2: 0.11mg (6.22%), Phosphorus: 58.72mg (5.87%), Selenium: 3.8µg (5.43%), Calcium: 42.41mg (4.24%), Vitamin B1: 0.05mg (3.09%), Iron: 0.45mg (2.5%), Folate: 9.43µg (2.36%), Vitamin B5: 0.23mg (2.26%), Vitamin B12: 0.12µg (2.05%), Manganese: 0.04mg (1.77%), Vitamin E: 0.24mg (1.63%), Potassium: 56.89mg (1.63%), Vitamin B3: 0.32mg (1.62%), Zinc: 0.22mg (1.47%), Vitamin B6: 0.03mg (1.26%), Magnesium: 4.83mg (1.21%), Copper: 0.02mg (1.06%)