



No-Oven Cream Cheese Flan

 Vegetarian  Gluten Free

READY IN



370 min.

SERVINGS



10

CALORIES



290 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese softened
- 4 eggs
- 12 oz evaporated milk canned
- 12 sprigs mint leaves fresh
- 0.5 cup raspberries fresh
- 1.8 cups sugar divided
- 1 tsp vanilla
- 0.3 cup water

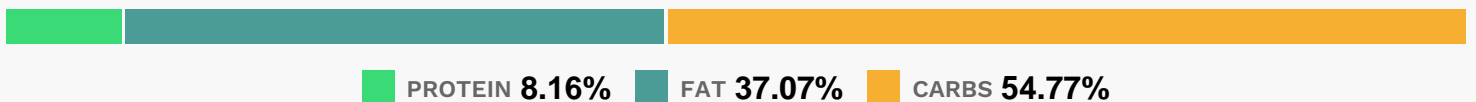
Equipment

- frying pan
- sauce pan
- knife
- wire rack
- blender
- aluminum foil
- dutch oven

Directions

- Cook 1 cup sugar and water in saucepan on medium heat 8 min. or until mixture is golden brown and has syrup-like consistency, carefully swirling pan every few minutes. (Do not stir.)
- Pour into 9-inch round pan.
- Blend milk, cream cheese, eggs, vanilla and remaining sugar in blender until smooth.
- Pour over syrup in pan; cover with foil.
- Add 1 qt. (4 cups) water to Dutch oven or large saucepan; place vegetable steamer inside.
- Place flan on steamer; cover pan with lid.
- Cook on high heat 5 min. (Water should be boiling.) Simmer on medium-low heat 45 to 50 min. or until knife inserted in center of flan comes out clean.
- Transfer flan to wire rack; cool completely. Refrigerate 4 hours.
- Unmold flan onto plate.
- Garnish with raspberries and mint.

Nutrition Facts



Properties

Glycemic Index:12.31, Glycemic Load:24.86, Inflammation Score:-3, Nutrition Score:5.0804347862368%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 290.39kcal (14.52%), Fat: 12.21g (18.78%), Saturated Fat: 6.7g (41.86%), Carbohydrates: 40.6g (13.53%), Net Carbohydrates: 40.11g (14.59%), Sugar: 39.58g (43.98%), Cholesterol: 98.24mg (32.75%), Sodium: 133.38mg (5.8%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Protein: 6.05g (12.09%), Vitamin B2: 0.25mg (14.86%), Phosphorus: 130.82mg (13.08%), Calcium: 125.64mg (12.56%), Selenium: 8.36µg (11.94%), Vitamin A: 533.89IU (10.68%), Vitamin B5: 0.64mg (6.4%), Potassium: 174.51mg (4.99%), Vitamin B12: 0.26µg (4.35%), Zinc: 0.65mg (4.3%), Folate: 15.66µg (3.92%), Magnesium: 14.71mg (3.68%), Manganese: 0.07mg (3.31%), Vitamin E: 0.49mg (3.24%), Vitamin B6: 0.06mg (3.23%), Vitamin C: 2.6mg (3.15%), Iron: 0.52mg (2.88%), Vitamin D: 0.39µg (2.57%), Vitamin B1: 0.03mg (2.08%), Fiber: 0.49g (1.94%), Copper: 0.04mg (1.76%), Vitamin K: 1.2µg (1.14%)