



No-Oven Cream Cheese Flan

 Vegetarian  Gluten Free

READY IN



370 min.

SERVINGS



12

CALORIES



242 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

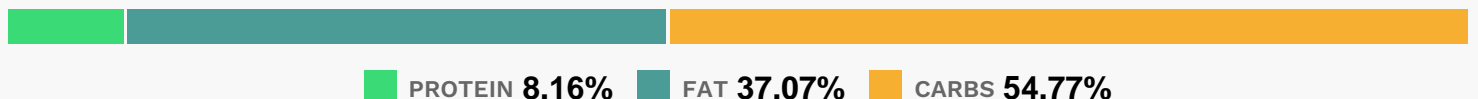
Equipment

- 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:10.26, Glycemic Load:20.71, Inflammation Score:-3, Nutrition Score:4.2334782351618%

Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 241.99kcal (12.1%), Fat: 10.18g (15.65%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 33.83g (11.28%), Net Carbohydrates: 33.43g (12.16%), Sugar: 32.98g (36.65%), Cholesterol: 81.87mg (27.29%), Sodium: 111.15mg (4.83%), Alcohol: 0.12g (100%), Alcohol %: 0.15% (100%), Protein: 5.04g (10.08%), Vitamin B2: 0.21mg (12.38%), Phosphorus: 109.01mg (10.9%), Calcium: 104.7mg (10.47%), Selenium: 6.97µg (9.95%), Vitamin A: 444.91IU (8.9%), Vitamin B5: 0.53mg (5.33%), Potassium: 145.43mg (4.16%), Vitamin B12: 0.22µg (3.62%), Zinc: 0.54mg (3.59%), Folate: 13.05µg (3.26%), Magnesium: 12.26mg (3.06%), Manganese: 0.06mg (2.76%), Vitamin E: 0.41mg (2.7%), Vitamin B6: 0.05mg (2.69%), Vitamin C: 2.17mg (2.63%), Iron: 0.43mg (2.4%), Vitamin D: 0.32µg (2.14%), Vitamin B1: 0.03mg (1.73%), Fiber: 0.41g (1.62%), Copper: 0.03mg (1.47%)