



Orange Flan Cakes

READY IN



110 min.

SERVINGS



16

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 1 cup sugar
- ☐ 0.5 cup water
- ☐ 1 cup milk
- ☐ 2 tablespoons orange juice orange-flavored
- ☐ 1 teaspoon orange zest grated
- ☐ 4 egg yolk
- ☐ 2 eggs whole
- ☐ 14 oz condensed milk sweetened canned
- ☐ 1 box cake mix yellow

- ☐ 1 cup water
- ☐ 0.5 cup vegetable oil
- ☐ 2 teaspoons orange zest grated
- ☐ 3 eggs whole

Equipment

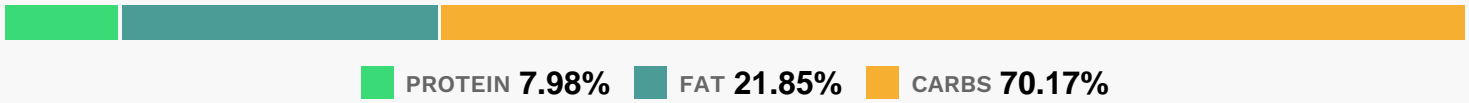
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ In 2-quart heavy saucepan, heat caramel ingredients to boiling. Reduce heat to medium. Cook without stirring 13 to 18 minutes or until sugar turns golden brown in color and is caramelized. Into 2 ungreased 9-inch round cake pans (do not use dark or nonstick pans), quickly pour caramelized sugar and immediately tilt pans so sugar covers bottoms; set aside.
- ☐ Fill shallow pan half full with water; place on lowest oven rack.
- ☐ Place second oven rack in middle position.
- ☐ Heat oven to 325°F.
- ☐ In medium bowl, beat flan ingredients with whisk or fork until blended.
- ☐ Pour milk mixture over caramelized sugar in each pan.
- ☐ In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Spoon mixture evenly over milk mixture in pans.
- ☐ Bake cakes on middle rack 44 to 52 minutes or until cakes spring back when touched lightly in center. Cool 30 minutes; run knife or spatula around edges of pans.

- ☐
- Place serving plate upside down on each pan; turn plate and pan over. Leave pans over cakes1 minute so caramel can drizzle over cakes.
- ☐
- Serve warm or cold. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.82, Glycemic Load:17.34, Inflammation Score:-2, Nutrition Score:6.9921739516051%

Flavonoids

Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 303.33kcal (15.17%), Fat: 7.45g (11.46%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 53.86g (17.95%), Net Carbohydrates: 53.43g (19.43%), Sugar: 40.95g (45.5%), Cholesterol: 110.01mg (36.67%), Sodium: 295.48mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Phosphorus: 223.54mg (22.35%), Calcium: 172.52mg (17.25%), Vitamin B2: 0.29mg (16.99%), Selenium: 11.75µg (16.79%), Folate: 38.48µg (9.62%), Vitamin B1: 0.12mg (8.09%), Vitamin B12: 0.43µg (7.23%), Vitamin B5: 0.71mg (7.12%), Iron: 1.1mg (6.09%), Vitamin D: 0.74µg (4.9%), Vitamin E: 0.72mg (4.79%), Vitamin A: 235.9IU (4.72%), Potassium: 159.27mg (4.55%), Zinc: 0.67mg (4.46%), Vitamin B6: 0.09mg (4.37%), Vitamin B3: 0.84mg (4.2%), Manganese: 0.07mg (3.55%), Vitamin K: 3.71µg (3.54%), Magnesium: 13.92mg (3.48%), Vitamin C: 2.22mg (2.69%), Copper: 0.05mg (2.31%), Fiber: 0.43g (1.73%)