



Pineapple-Cream Cheese Flan

 Vegetarian  Gluten Free

READY IN



380 min.

SERVINGS



20

CALORIES



153 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese cubed softened
- 5 eggs
- 6 oz pineapple juice canned ()
- 0.8 cup sugar
- 14 oz condensed milk sweetened canned

Equipment

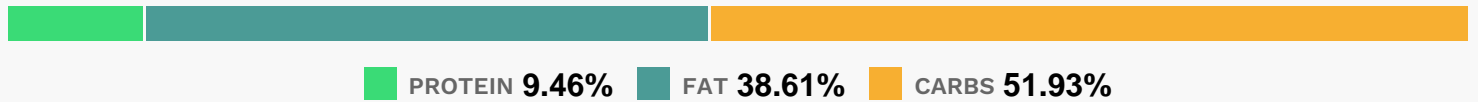
- frying pan
- sauce pan

- oven
- knife
- blender

Directions

- Heat oven to 350F.
- Cook sugar in small saucepan on medium heat 5 min. or until melted and deep golden brown, stirring constantly. Immediately pour into 9-inch round pan; tilt pan to evenly cover bottom with syrup.
- Blend remaining ingredients in blender until smooth; pour over syrup in pan.
- Place in larger shallow pan.
- Add enough hot water to larger pan to come halfway up outside of 9-inch pan.
- Bake 1 hour or until knife inserted in center comes out clean. Cool slightly. Carefully remove flan from water. Cool completely. Refrigerate 4 hours. Invert flan onto platter just before serving; carefully remove pan.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:11.99, Inflammation Score:-2, Nutrition Score:3.1530434852061%

Nutrients (% of daily need)

Calories: 153.1kcal (7.65%), Fat: 6.71g (10.32%), Saturated Fat: 3.73g (23.28%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 20.18g (7.34%), Sugar: 19.96g (22.18%), Cholesterol: 59.12mg (19.71%), Sodium: 76.59mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Selenium: 7.37µg (10.53%), Vitamin B2: 0.16mg (9.54%), Phosphorus: 84.72mg (8.47%), Calcium: 74.95mg (7.5%), Vitamin A: 268.93IU (5.38%), Vitamin B5: 0.38mg (3.82%), Vitamin B12: 0.21µg (3.5%), Potassium: 114.47mg (3.27%), Zinc: 0.39mg (2.63%), Vitamin B1: 0.03mg (2.24%), Folate: 8.8µg (2.2%), Magnesium: 8.78mg (2.19%), Vitamin B6: 0.04mg (2.08%), Vitamin D: 0.26µg (1.73%), Vitamin E: 0.25mg (1.64%), Vitamin C: 1.32mg (1.59%), Iron: 0.27mg (1.5%), Copper: 0.02mg (1.13%)