



Very Vanilla Cream Cheese Flan

 Vegetarian  Gluten Free

READY IN



380 min.

SERVINGS



12

CALORIES



244 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese cubed softened
- 4 eggs
- 12 oz evaporated milk canned
- 1.8 cups sugar divided
- 2 Tbsp vanilla divided
- 2 Tbsp water

Equipment

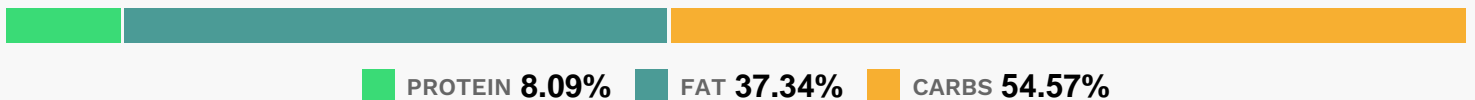
- frying pan

- sauce pan
- oven
- knife
- blender

Directions

- Heat oven to 350F.
- Cook 1 cup sugar, water and 1 Tbsp. vanilla in saucepan on medium heat 8 min. or until mixture is golden brown and of syrup-like consistency, carefully swirling pan every few minutes. (Do not stir.)
- Pour into 9-inch round pan.
- Blend milk and cream cheese in blender until smooth.
- Add eggs, and remaining sugar and vanilla; blend well.
- Pour over syrup in pan; place filled pan in larger pan.
- Add enough water to larger pan to come halfway up side of filled pan.
- Bake 1 hour or until knife inserted in center comes out clean.
- Remove flan from water-filled pan; cool completely. Refrigerate 4 hours. Loosen flan from side of pan just before serving; unmold onto plate.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:20.64, Inflammation Score:-2, Nutrition Score:3.7578260730142%

Nutrients (% of daily need)

Calories: 243.93kcal (12.2%), Fat: 10.13g (15.59%), Saturated Fat: 5.58g (34.87%), Carbohydrates: 33.32g (11.11%), Net Carbohydrates: 33.32g (12.12%), Sugar: 32.99g (36.66%), Cholesterol: 81.87mg (27.29%), Sodium: 110.83mg (4.82%), Alcohol: 0.75g (100%), Alcohol %: 0.99% (100%), Protein: 4.94g (9.88%), Vitamin B2: 0.21mg (12.22%), Phosphorus: 106.94mg (10.69%), Calcium: 101.14mg (10.11%), Selenium: 6.96µg (9.94%), Vitamin A: 400.78IU (8.02%), Vitamin B5: 0.51mg (5.14%), Potassium: 134.88mg (3.85%), Vitamin B12: 0.22µg (3.62%), Zinc: 0.51mg (3.38%), Folate: 10.86µg (2.72%), Magnesium: 10.55mg (2.64%), Vitamin B6: 0.05mg (2.51%), Vitamin E: 0.36mg

(2.41%), Vitamin D: 0.32µg (2.14%), Iron: 0.35mg (1.94%), Vitamin B1: 0.02mg (1.59%), Copper: 0.02mg (1.12%)