

Flan

Doreen Recco

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

*1 can evaporated milk
1 can condensed milk
8 ounces cream cheese, softened
3 eggs
3 tablespoons sugar*

Preheat the oven to 400 degrees.

Place the evaporated milk, condensed milk, cream cheese and eggs in a blender. Blend for 1 minute.

Put the sugar in an 8- or 9-inch round cake pan. Place on the stove on low heat until the sugar becomes caramel. When cool, pour the milk mix into the pan.

Fill a large roasting pan half-way with water. Place the cake pan in the water.

Bake for one hour and 30 minutes. Put a knife in the middle of the pan. If it comes out clean, it is ready.

To remove the flan, pass the knife around the edges and let cool for 15 minutes.

Place a serving plate on top of the pan and turn over.

Refrigerate overnight to set.

Per Serving (excluding unknown items): 1497 Calories; 113g Fat (67.4% calories from fat); 53g Protein; 70g Carbohydrate; 0g Dietary Fiber; 959mg Cholesterol; 1147mg Sodium. Exchanges: 5 Lean Meat; 2 Non-Fat Milk; 19 Fat; 2 1/2 Other Carbohydrates.

Desserts

Calories (kcal):	1497	Vitamin B6 (mg):	.4mg
% Calories from Fat:	67.4%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	18.5%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	14.1%	Riboflavin B2 (mg):	2.0mg
Total Fat (g):	113g	Folacin (mcg):	122mcg
Saturated Fat (g):	66g	Niacin (mg):	1mg
Monounsaturated Fat (g):	34g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	959mg	% Refuse:	n n%
Carbohydrate (g):	70g		
Dietary Fiber (g):	0g		
Protein (g):	53g		
Sodium (mg):	1147mg		
Potassium (mg):	1236mg		
Calcium (mg):	917mg		
Iron (mg):	6mg		
Zinc (mg):	5mg		
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	4969IU		
Vitamin A (r.e.):	1369RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	5
Vegetable:	0
Fruit:	0
Non-Fat Milk:	2
Fat:	19
Other Carbohydrates:	2 1/2

Nutrition Facts

Amount Per Serving

Calories 1497 **Calories from Fat:** 1009

% Daily Values*

Total Fat 113g	174%
Saturated Fat 66g	330%
Cholesterol 959mg	320%
Sodium 1147mg	48%
Total Carbohydrates 70g	23%
Dietary Fiber 0g	0%
Protein 53g	
Vitamin A	99%
Vitamin C	8%
Calcium	92%
Iron	33%

* Percent Daily Values are based on a 2000 calorie diet.