

Studio 5

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“Orange Cream Flan”

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Dairy Farmers of Utah

Ingredients:

- 1 cup sugar
- 4 ounces cream cheese, softened
- 4 eggs
- 1 can (14 oz) sweetened condensed milk
- 1 cup cream*
- 1/2 cup whole milk*
- pinch of salt
- 2 oranges

Method:

Preheat oven to 325 degrees. Set aside 8x8 square pan or shallow 1 1/2 qt casserole dish.**

Place 3/4 cup sugar in heavy pan (do not use a pan with non-stick coated surface). Over low heat and stirring constantly, heat until sugar melts and turns a golden brown (watch carefully, sugar burns easily and becomes bitter in taste the darker it caramelizes).

Carefully pour caramelized sugar into prepared baking dish; tilt dish to coat bottom and partially up sides of dish with caramelized sugar (use caution, melted sugar is extremely hot).

Beat cream cheese with remaining 1/4 cup sugar until smooth. Add eggs, sweetened condensed milk, cream, whole milk and salt; beat until smooth.

Finely zest oranges, leaving as much white pith on the orange as possible; stir zest into custard mixture. Pour custard over caramelized sugar in prepared pan. Place pan in larger pan or baking dish and fill the larger pan with hot water to a depth of 1-2 inches. Bake 35-60 minutes or until firm. Do not over bake. Baking time is determined by how deep baking dish is.

Let cool, cover and refrigerate 3 hours. To serve, run a knife around top edge of flan, invert flan on serving plate.

Notes:

Traditionally a very rich dessert, Flan is intended to be enjoyed sparingly. This version has a delightful orange twist. Serves 8

* For a lower fat version, substitute the cream and whole milk with 1 1/2 cups whole milk plain yogurt. The texture will not be as smooth and rich, but it has a nice flavor.

** For individual servings, use 3/4 cup custard cups or ramekins for baking flan. Bake approximately 35 minutes or until set – do not over bake.

For nutrition analysis go to www.dairycouncilutnv.org

Nutrition Facts	
Serving Size approx 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 440	Calories from Fat 190
% Daily Value*	
Total Fat 22g	33%
Saturated Fat 13g	64%
Cholesterol 175mg	58%
Sodium 150mg	6%
Total Carbohydrate 55g	18%
Dietary Fiber 0g	0%
Sugars 52g	
Protein 9g	
Vitamin A 20%	Vitamin C 8%
Calcium 20%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	