

Mexican Flan

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/the-best-mexican-flan-recipe>

Ingredients:

- flan
- 14 ounces sweetened condensed milk
- 1 1/2 cups whole milk
- 2 ounces cream cheese
- 5 large eggs
- 1 teaspoon vanilla extract
- 1 vanilla bean optional
- 1/3 cup granulated white sugar
- caramel
- 1 cup granulated sugar
- 1/2 cup water

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 140 grams
3. Cholesterol: 325 milligrams
4. Fat: 24 grams
5. Protein: 21 grams
6. SaturatedFat: 12 grams
7. Sodium: 340 milligrams
8. Sugar: 138 grams

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