



Almond Crème Caramel

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



271 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup almonds coarsely chopped
- 4 large eggs
- 12 ounce evaporated skim milk canned
- 0.5 cup sugar
- 14 ounce condensed milk fat-free sweetened canned
- 1 teaspoon vanilla extract

Equipment

- bowl
- oven
- knife
- whisk
- wire rack
- roasting pan
- cake form
- aluminum foil
- spatula
- tongs

Directions

- Preheat oven to 350.
- Pour sugar into a 9-inch round cake pan.
- Place cake pan over medium heat. Cook 6 minutes or until sugar is dissolved and golden, shaking cake pan occasionally with tongs. Immediately remove from heat; set aside.
- Place eggs in a medium bowl; stir with a whisk until foamy.
- Add extracts and milks; stir with a whisk. Stir in 1/4 cup almonds.
- Pour mixture into prepared cake pan; cover with foil; place in a large shallow roasting pan.
- Place roasting pan in oven; add water to roasting pan to a depth of 1 inch.
- Bake at 350 for 55 minutes or until a knife inserted in center comes out clean.
- Remove cake pan from water; place on a wire rack.
- Remove foil.
- Let custard cool in cake pan 30 minutes. Loosen edges with a knife or rubber spatula.
- Place a serving plate upside down on top of cake pan; invert custard onto plate, allowing syrup to drizzle over custard.
- Sprinkle with chopped almonds, if desired.

Nutrition Facts



■ PROTEIN 14.57% ■ FAT 26.4% ■ CARBS 59.03%

Properties

Glycemic Index:15.68, Glycemic Load:22.43, Inflammation Score:-3, Nutrition Score:8.7104347659194%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 270.52kcal (13.53%), Fat: 8.04g (12.37%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 39.97g (14.54%), Sugar: 39.73g (44.14%), Cholesterol: 99.17mg (33.06%), Sodium: 131.24mg (5.71%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Protein: 9.98g (19.97%), Vitamin B2: 0.45mg (26.46%), Calcium: 258.17mg (25.82%), Phosphorus: 248.43mg (24.84%), Selenium: 14.52µg (20.75%), Potassium: 350.09mg (10%), Vitamin B5: 0.97mg (9.69%), Vitamin E: 1.32mg (8.81%), Magnesium: 35.14mg (8.79%), Vitamin D: 1.29µg (8.59%), Vitamin B12: 0.48µg (8.04%), Zinc: 1.17mg (7.78%), Vitamin A: 386.71IU (7.73%), Manganese: 0.1mg (5.19%), Folate: 20.45µg (5.11%), Vitamin B1: 0.07mg (4.92%), Vitamin B6: 0.09mg (4.33%), Iron: 0.74mg (4.09%), Copper: 0.07mg (3.54%), Fiber: 0.5g (1.99%), Vitamin C: 1.6mg (1.94%), Vitamin B3: 0.32mg (1.61%)