



Almond Crème Caramel



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



292 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup almonds coarsely chopped
- ☐ 4 large eggs
- ☐ 12 ounce evaporated milk fat-free 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 35
- ☐ Pour sugar into a 9-inch round cake pan.
- ☐ Place cake pan over medium heat. Cook 6 minutes or until sugar dissolves and is 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 hot 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. Cool custard 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 sliced almonds, if desired.

Nutrition Facts



Properties

Glycemic Index:15.68, Glycemic Load:22.43, Inflammation Score:-3, Nutrition Score:8.3678260212359%

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: 292.06kcal (14.6%), Fat: 10.83g (16.65%), Saturated Fat: 5g (31.27%), Carbohydrates: 39.95g (13.32%), Net Carbohydrates: 39.46g (14.35%), Sugar: 39.21g (43.57%), Cholesterol: 108.62mg (36.21%), Sodium: 127.84mg (5.56%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Protein: 9.7g (19.41%), Vitamin B2: 0.45mg (26.62%), Phosphorus: 251.45mg (25.15%), Calcium: 247.21mg (24.72%), Selenium: 14.45µg (20.64%), Potassium: 339.13mg (9.69%), Vitamin B5: 0.93mg (9.31%), Vitamin E: 1.38mg (9.21%), Magnesium: 34.01mg (8.5%), Vitamin B12: 0.45µg (7.54%), Zinc: 1.12mg (7.45%), Vitamin A: 328.13IU (6.56%), Manganese: 0.1mg (5.19%), Folate: 20.07µg (5.02%), Vitamin B1: 0.07mg (4.97%), Vitamin B6: 0.08mg (4.24%), Iron: 0.7mg (3.88%), Vitamin D: 0.57µg (3.8%), Copper: 0.07mg (3.54%), Vitamin C: 1.86mg (2.26%), Fiber: 0.5g (1.99%), Vitamin B3: 0.33mg (1.65%)