



## Almond Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



349 kcal

DESSERT

### Ingredients

- 0.7 cup slivered almonds
- 14 ounce condensed milk sweetened canned
- 3 egg yolk
- 0.8 cup sugar
- 1 teaspoon vanilla extract
- 3 eggs whole
- 1 cup milk whole

### Equipment

- frying pan
- oven
- knife
- blender
- cake form
- wooden spoon
- aluminum foil
- spatula
- tongs
- oven mitt

## Directions

- Preheat the oven to 350 degrees.
- Place oven rack in middle position. Put sugar in a round 9-by-3-inch cake pan. Using a heavy oven mitt or tongs, place the pan directly over medium heat to caramelize the sugar.
- Heat until the sugar liquefies, about 3 to 5 minutes, stirring occasionally with a wooden spoon. Do not touch the melted sugar — it will cause serious burns. When the hot liquid in the pan is a golden brown color, remove from heat and set aside on a rack to cool and harden.
- In a blender, combine the almonds, condensed milk, whole milk, eggs, yolks, and vanilla. Process on medium speed until well blended.
- Pour custard mixture over the prepared caramel.
- Place the cake pan in a larger, deeper pan and pour about an inch of hot water around the cake pan to make a water bath. Cover the flan loosely with a foil tent and place the larger pan on the middle rack of the preheated oven.
- Bake for 1 hour and 15 minutes, or until flan is set in the center (it will no longer jiggle).
- Remove from the oven and cool on a rack at room temperature. Refrigerate until thoroughly chilled, at least 1 hour.
- To serve, run a knife or thin spatula around the edge of the flan to release it from the sides of the pan.
- Place a 10-inch (or larger) serving platter on top of the pan. Turn the platter over and gently remove the cake pan, leaving flan on the serving platter. Using a flexible spatula, scrape up as

much of the caramel as possible from the bottom of the pan and pour over the flan.

Cut into triangular wedges and serve.

Reprinted with permission from Fonda San Miguel: Thirty Years of Food and Art by Tom Gilliland, Miguel Ravago, and Virginia B. Wood. © 2005 Shearer Publishing

## Nutrition Facts

 **PROTEIN 11.2%**  **FAT 33.32%**  **CARBS 55.48%**

### Properties

Glycemic Index:22.39, Glycemic Load:30.18, Inflammation Score:-3, Nutrition Score:10.093913066646%

### Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 348.62kcal (17.43%), Fat: 13.2g (20.31%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 49.46g (16.49%), Net Carbohydrates: 48.33g (17.58%), Sugar: 47.72g (53.02%), Cholesterol: 154.81mg (51.6%), Sodium: 101.59mg (4.42%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 9.99g (19.97%), Vitamin B2: 0.47mg (27.42%), Phosphorus: 258.64mg (25.86%), Selenium: 17.25µg (24.64%), Calcium: 220.81mg (22.08%), Vitamin E: 2.75mg (18.31%), Vitamin B12: 0.66µg (11.02%), Manganese: 0.22mg (11%), Magnesium: 43.24mg (10.81%), Vitamin B5: 0.98mg (9.83%), Potassium: 327.02mg (9.34%), Zinc: 1.24mg (8.28%), Vitamin D: 1.13µg (7.53%), Vitamin A: 368.4IU (7.37%), Folate: 27.03µg (6.76%), Vitamin B1: 0.1mg (6.58%), Copper: 0.12mg (5.96%), Vitamin B6: 0.11mg (5.4%), Iron: 0.91mg (5.06%), Fiber: 1.13g (4.5%), Vitamin B3: 0.48mg (2.39%), Vitamin C: 1.29mg (1.56%)