



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.

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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%)