



Almond-Orange Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



531 kcal

DESSERT

Ingredients

- 3 egg yolk
- 3 large eggs
- 1 cup milk
- 1 teaspoon orange juice fresh
- 2 tablespoons orange zest grated
- 4 cranberry-orange relish
- 2.3 ounce slivered almonds
- 0.5 cup sugar

1.7 cups condensed milk sweetened

Equipment

frying pan

oven

knife

wire rack

blender

aluminum foil

Directions

Sprinkle sugar in an 8-inch round cakepan.

Place over medium heat, and cook, tilting pan or stirring until sugar melts and turns a light golden brown.

Remove from heat. (

Mixture may crack slightly as it cools.)

Process condensed milk and next 6 ingredients in a blender 15 seconds; pour over caramelized sugar. Cover pan with aluminum foil, and place in a 13- x 9-inch pan.

Pour hot water into larger pan to a depth of 1 inch.

Bake at 350 for 1 hour or until set.

Remove pan from water; uncover and cool in pan on a wire rack at least 30 minutes. Cover and chill 8 hours. Loosen edges with a thin knife. Invert flan onto serving plate; arrange orange sections on top.

Nutrition Facts



PROTEIN 11.51% **FAT 31.13%** **CARBS 57.36%**

Properties

Glycemic Index:45.6, Glycemic Load:44.21, Inflammation Score:-7, Nutrition Score:19.520000105319%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 23.94mg, Hesperetin: 23.94mg, Hesperetin: 23.94mg, Hesperetin: 23.94mg Naringenin: 13.45mg, Naringenin: 13.45mg, Naringenin: 13.45mg, Naringenin: 13.45mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 531.21kcal (26.56%), Fat: 18.93g (29.12%), Saturated Fat: 7.48g (46.77%), Carbohydrates: 78.47g (26.16%), Net Carbohydrates: 74.83g (27.21%), Sugar: 73.7g (81.89%), Cholesterol: 223.98mg (74.66%), Sodium: 163.57mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.5%), Vitamin C: 51.97mg (63%), Vitamin B2: 0.73mg (43.11%), Phosphorus: 404.7mg (40.47%), Selenium: 27.06µg (38.66%), Calcium: 384.08mg (38.41%), Vitamin E: 3.54mg (23.57%), Potassium: 663.57mg (18.96%), Vitamin B5: 1.72mg (17.22%), Magnesium: 68.44mg (17.11%), Vitamin B12: 0.99µg (16.53%), Folate: 66.07µg (16.52%), Vitamin A: 764.95IU (15.3%), Vitamin B1: 0.23mg (15.09%), Fiber: 3.64g (14.56%), Manganese: 0.28mg (14.21%), Zinc: 1.9mg (12.64%), Vitamin D: 1.6µg (10.69%), Vitamin B6: 0.21mg (10.66%), Copper: 0.19mg (9.52%), Iron: 1.35mg (7.52%), Vitamin B3: 0.9mg (4.48%)