



Angela's Flan



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 4 large eggs
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 2 cups milk 2% reduced-fat
- ☐ 1 tablespoon rum white
- ☐ 0.5 cup sugar
- ☐ 14 ounce condensed milk sweetened low-fat canned
- ☐ 0.5 teaspoon vanilla extract

☐ 1 tablespoon water

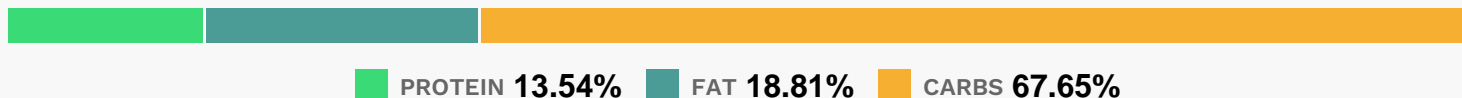
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ spatula
- ☐ broiler pan

Directions

- ☐ Preheat oven to 350
- ☐ Combine sugar and water in a small, heavy saucepan, and cook over medium-high heat until sugar dissolves, stirring frequently. Continue cooking 3 minutes or until golden, stirring constantly. Immediately pour into 8 (6-ounce) custard cups coated with cooking spray, tipping quickly until caramelized sugar coats the bottoms of cups.
- ☐ Combine 2% reduced-fat milk and remaining ingredients in a blender; process until smooth. Divide the mixture evenly among prepared custard cups.
- ☐ Place cups in the bottom of a broiler pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 350 for 55 minutes or until a knife inserted in center comes out clean.
- ☐ Remove cups from pan; cool completely on a wire rack. Cover and chill at least 8 hours.
- ☐ Loosen edges of custards with a knife or rubber spatula.
- ☐ Place a dessert plate, upside down, on top of each cup, and invert onto plates.
- ☐ Drizzle any remaining caramelized syrup over custards.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:4.7352174633871%

Nutrients (% of daily need)

Calories: 268.06kcal (13.4%), Fat: 5.45g (8.38%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 44.06g (16.02%), Sugar: 44.14g (49.05%), Cholesterol: 103.92mg (34.64%), Sodium: 113.13mg (4.92%), Alcohol: 0.8g (100%), Alcohol %: 0.67% (100%), Protein: 8.82g (17.64%), Calcium: 209.38mg (20.94%), Vitamin B2: 0.23mg (13.31%), Selenium: 9.23µg (13.18%), Phosphorus: 103.9mg (10.39%), Vitamin B12: 0.54µg (8.92%), Vitamin A: 319.3IU (6.39%), Vitamin B5: 0.59mg (5.94%), Zinc: 0.61mg (4.06%), Folate: 14.7µg (3.68%), Potassium: 118.26mg (3.38%), Vitamin D: 0.5µg (3.33%), Vitamin B6: 0.07mg (3.26%), Iron: 0.46mg (2.55%), Magnesium: 9.59mg (2.4%), Vitamin B1: 0.03mg (2.21%), Vitamin E: 0.28mg (1.87%), Copper: 0.02mg (1.18%), Manganese: 0.02mg (1.14%)