



Banana Flan

 Vegetarian  Gluten Free

READY IN



290 min.

SERVINGS



10

CALORIES



247 kcal

DESSERT

Ingredients

- 1 cup sugar
- 4 eggs
- 1 egg whites
- 1 cup water
- 14 oz condensed milk sweetened canned
- 1 cup banana ripe mashed
- 1 teaspoon vanilla
- 0.1 teaspoon salt

1 slices banana fresh

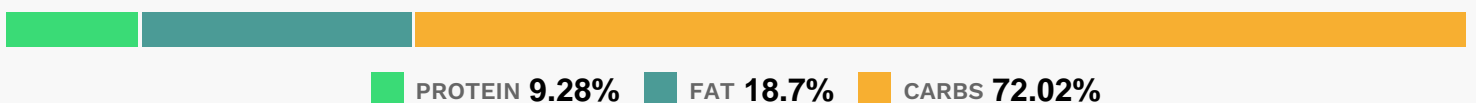
Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- hand mixer

Directions

- Heat oven to 350°F. In 10-inch skillet, cook sugar over medium-high heat, stirring frequently, until melted and light caramel in color.
- Pour into 10 (6-oz) custard cups.
- Place on cooling rack to cool.
- Meanwhile, in medium bowl, beat eggs and egg white with electric mixer on medium speed or whisk until well blended. Stir in water, condensed milk, bananas, vanilla and salt.
- Pour over sugar mixture in custard cups.
- Place in two 13x9-inch pans. Carefully pour very hot water into each pan until about halfway up sides of custard cups.
- Bake 50 to 60 minutes or until knife inserted in center comes out clean. Carefully remove cups from water. Cool 30 minutes. Cover and refrigerate. Chill 3 to 8 hours. To unmold, run knife around edge of custard to loosen; turn upside down onto serving plate.
- Garnish with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:24.06, Glycemic Load:28.97, Inflammation Score:-2, Nutrition Score:5.3060869444972%

Flavonoids

Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg 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: 247.06kcal (12.35%), Fat: 5.25g (8.08%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 45.49g (15.17%), Net Carbohydrates: 45.06g (16.39%), Sugar: 43.71g (48.57%), Cholesterol: 78.97mg (26.32%), Sodium: 111.03mg (4.83%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Protein: 5.87g (11.73%), Selenium: 12.16µg (17.38%), Vitamin B2: 0.28mg (16.18%), Phosphorus: 139.39mg (13.94%), Calcium: 124.59mg (12.46%), Potassium: 236.85mg (6.77%), Vitamin B5: 0.63mg (6.29%), Vitamin B12: 0.33µg (5.57%), Vitamin B6: 0.11mg (5.57%), Magnesium: 17.53mg (4.38%), Vitamin A: 211.63IU (4.23%), Zinc: 0.63mg (4.21%), Folate: 16.08µg (4.02%), Vitamin B1: 0.05mg (3.2%), Vitamin C: 2.48mg (3%), Vitamin D: 0.43µg (2.88%), Manganese: 0.05mg (2.71%), Iron: 0.44mg (2.44%), Copper: 0.04mg (1.89%), Vitamin E: 0.26mg (1.77%), Fiber: 0.43g (1.73%), Vitamin B3: 0.21mg (1.06%)