



Banana Flan

 Vegetarian  Gluten Free

READY IN



290 min.

SERVINGS



10

CALORIES



247 kcal

DESSERT

Ingredients

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

1 cup water

Equipment

bowl

frying pan

oven

knife

whisk

wire rack

hand mixer

Directions

Heat oven to 350F. 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.

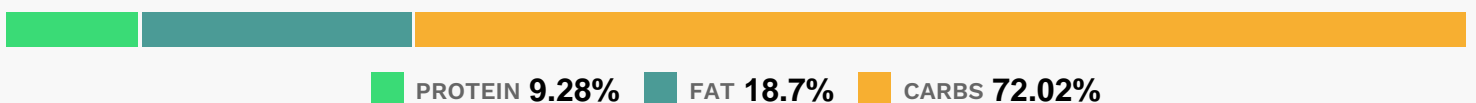
Pour over sugar mixture in custard cups.

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%)