



## Caramel Flans from EAGLE BRAND®

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



292 kcal

DESSERT

### Ingredients

- 14 ounce eagle brand® condensed milk sweetened canned
- 4 large eggs
- 8 servings ice cubes
- 0.1 teaspoon salt
- 1 cup sugar
- 0.5 teaspoon vanilla extract
- 0.3 cup water

### Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- wire rack
- aluminum foil

## Directions

- Heat oven to 350 degrees F.
- Cook sugar in heavy skillet over medium-low heat, stirring constantly until melted and caramel-colored. Carefully pour into 8 (6 oz.) ungreased custard cups, tilting to coat bottom completely.
- Beat eggs in medium bowl; stir in water, sweetened condensed milk, vanilla and salt.
- Pour into prepared custard cups; set cups in larger shallow pan. Fill larger pan with 1 inch of hot water.
- Bake 25 minutes or until knife inserted near center comes out clean. Move cups from larger pan to a wire rack; cool 1 hour. Chill several hours or overnight.
- Serve by loosening side of flan with knife; invert onto individual serving plates with rim. Top with Sugar
- Garnish, if desired, or garnish as desired.
- Sugar
- Garnish: Fill medium metal bowl half-full of ice.
- Combine sugar with water in medium saucepan; stir. Cover; bring to a boil. Cook over high heat 5 to 6 minutes or until light brown in color. Immediately put pan in ice for 1 minute. Carefully drizzle sugar decoratively over foil lined cookie sheet. Cool. To serve, peel from foil.

## Nutrition Facts



PROTEIN 9.51%  FAT 20.48%  CARBS 70.01%

## Properties

Glycemic Index:16.39, Glycemic Load:33.92, Inflammation Score:-2, Nutrition Score:5.8973913050216%

## Nutrients (% of daily need)

Calories: 291.97kcal (14.6%), Fat: 6.77g (10.42%), Saturated Fat: 3.51g (21.91%), Carbohydrates: 52.1g (17.37%), Net Carbohydrates: 52.1g (18.95%), Sugar: 52.06g (57.85%), Cholesterol: 109.87mg (36.62%), Sodium: 138.28mg (6.01%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 7.07g (14.15%), Selenium: 15.17µg (21.67%), Vitamin B2: 0.33mg (19.15%), Phosphorus: 175.03mg (17.5%), Calcium: 157.1mg (15.71%), Vitamin B5: 0.76mg (7.55%), Vitamin B12: 0.44µg (7.35%), Potassium: 219.44mg (6.27%), Vitamin A: 267.46IU (5.35%), Zinc: 0.8mg (5.32%), Folate: 17.21µg (4.3%), Magnesium: 16.56mg (4.14%), Vitamin D: 0.6µg (3.99%), Vitamin B1: 0.05mg (3.65%), Vitamin B6: 0.07mg (3.39%), Iron: 0.54mg (3.03%), Vitamin E: 0.34mg (2.28%), Copper: 0.04mg (1.88%), Vitamin C: 1.29mg (1.56%)