



## Caramel Key Lime Flan

 Vegetarian  Gluten Free

READY IN



1515 min.

SERVINGS



6

CALORIES



544 kcal

DESSERT

### Ingredients

- 1 egg yolk
- 0.3 cup key lime juice
- 2 tablespoons lime zest canned (lime can substituted)
- 0.5 cup milk
- 1 teaspoon orange liqueur (recommended: Grand Marnier)
- 1 pinch sea salt
- 0.5 cup sugar
- 2.5 cups condensed milk sweetened

- 0.5 teaspoon vanilla extract
- 3 tablespoons water
- 4 eggs whole

## Equipment

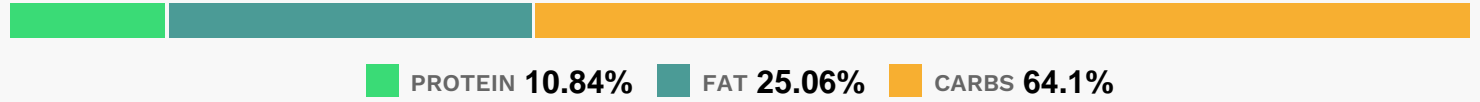
- frying pan
- sauce pan
- oven
- whisk
- mixing bowl
- cake form
- wooden spoon

## Directions

- Special Equipment: 9-inch cake pan or molds
- Preheat the oven to 350 degrees F.
- Caramel: In a heavy-bottomed pan, bring the sugar and water to a boil over medium heat. Stir with a wooden spoon, until a pale brown color develops.
- Remove from the heat, and let rest for 2 to 3 minutes, then pour into the cake pan, evenly coating the entire bottom. The caramel is extremely hot, so be careful when pouring it into the cake pan or molds.
- In a saucepan over medium-high heat, add the condensed milk, the milk, the lime juice and zest, orange liqueur, and vanilla. Simmer for 12 to 15 minutes, stirring throughout to combine flavors.
- In a mixing bowl, whisk the eggs and yolk together, then slowly temper into the milk mixture, constantly stirring the eggs into the warmed milk. Slowly incorporating the eggs will keep the eggs from scrambling.
- Pour milk mixture over the caramel in cake pan.
- Put the cake pan into a larger shallow vessel filled halfway up with water.
- Put the dish into the oven and bake for 40 to 50 minutes.

- Remove the flan from oven and let cool. Refrigerate the flan overnight. To remove the flan from the pan, put the pan into a shallow container with about 1-inch of warm water.
- Let sit for about 10 minutes, which will soften the caramel and make it easier to remove.
- Invert the flan onto a platter and serve.

## Nutrition Facts



## Properties

Glycemic Index:33.52, Glycemic Load:54.35, Inflammation Score:-4, Nutrition Score:13.3282611396%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 543.9kcal (27.19%), Fat: 15.39g (23.68%), Saturated Fat: 8.58g (53.65%), Carbohydrates: 88.6g (29.53%), Net Carbohydrates: 88.5g (32.18%), Sugar: 87.61g (97.35%), Cholesterol: 187.31mg (62.44%), Sodium: 220.08mg (9.57%), Alcohol: 0.33g (100%), Alcohol %: 0.19% (100%), Protein: 14.98g (29.97%), Selenium: 30.06µg (42.95%), Vitamin B2: 0.71mg (41.99%), Phosphorus: 414.73mg (41.47%), Calcium: 409.92mg (40.99%), Vitamin B12: 0.99µg (16.51%), Potassium: 562.19mg (16.06%), Vitamin B5: 1.59mg (15.88%), Zinc: 1.74mg (11.62%), Vitamin A: 581.07IU (11.62%), Magnesium: 40.33mg (10.08%), Vitamin B1: 0.15mg (9.76%), Vitamin C: 6.92mg (8.39%), Folate: 33.36µg (8.34%), Vitamin D: 1.23µg (8.18%), Vitamin B6: 0.14mg (7.13%), Iron: 0.87mg (4.82%), Vitamin E: 0.63mg (4.17%), Copper: 0.05mg (2.49%), Vitamin B3: 0.33mg (1.66%), Manganese: 0.02mg (1.09%)