



## Chinese Steamed Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

DESSERT

### Ingredients

- 4 large eggs
- 0.3 cup granulated sugar
- 0.5 cup granulated sugar
- 6 servings strawberries
- 1 tsp vanilla
- 2 cups milk whole

### Equipment

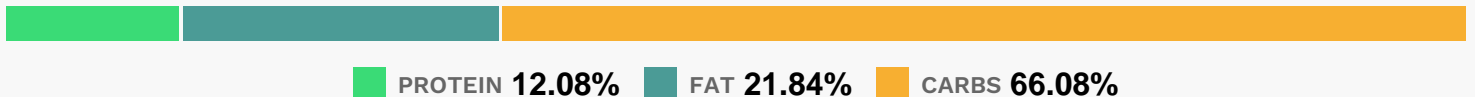
- bowl

- sauce pan
- ladle
- knife
- whisk
- ramekin

## Directions

- Place 2 inches of water on the bottom portion of steamer. Cover and allow water to come to a boil. In the meantime, heat milk and sugar in a saucepan until just warmed and sugar has dissolved.
- Whisk eggs and vanilla in a large bowl until blended. Slowly pour warmed milk into the eggs, beating until well combined. Scoop off foam and discard. Ladle into prepared ramekins and place into steamer. Turn down heat this is very important to medium and steam for 15 minutes.
- Remove and allow to cool. Once cool, cover and refrigerate overnight. When ready to serve, carefully run a knife around the inside each ramekin to loosen the flan.
- Place a plate on top of the flan and invert until flan pops out.
- Serve with sliced strawberries.

## Nutrition Facts



## Properties

Glycemic Index:36.36, Glycemic Load:24.11, Inflammation Score:-6, Nutrition Score:14.094347826087%

## Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg,

Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 251.51kcal (12.58%), Fat: 6.29g (9.68%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 39.97g (14.54%), Sugar: 38.89g (43.21%), Cholesterol: 133.76mg (44.59%), Sodium: 80.02mg (3.48%), Alcohol: 0.24g (1.34%), Protein: 7.83g (15.67%), Vitamin C: 84.67mg (102.63%), Manganese: 0.57mg (28.56%), Phosphorus: 182.75mg (18.27%), Selenium: 12.52µg (17.89%), Vitamin B2: 0.3mg (17.78%), Calcium: 142.1mg (14.21%), Folate: 50.23µg (12.56%), Vitamin B12: 0.74µg (12.26%), Fiber: 2.88g (11.52%), Potassium: 389.91mg (11.14%), Vitamin D: 1.56µg (10.41%), Vitamin B5: 0.99mg (9.95%), Vitamin B6: 0.17mg (8.71%), Magnesium: 32.56mg (8.14%), Iron: 1.19mg (6.6%), Vitamin A: 329.04IU (6.58%), Zinc: 0.97mg (6.46%), Vitamin B1: 0.09mg (6.23%), Vitamin E: 0.81mg (5.39%), Copper: 0.1mg (4.82%), Vitamin B3: 0.67mg (3.35%), Vitamin K: 3.51µg (3.34%)