



Chocolate-Cinnamon Flan



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons dutch process cocoa
- ☐ 1 large egg white
- ☐ 2 large egg yolks
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups milk 1% low-fat
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 1 tablespoon water

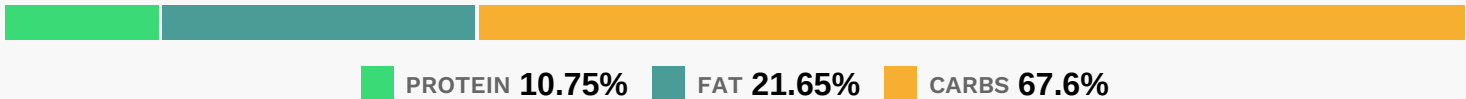
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 30
- ☐ Combine granulated sugar and 1 tablespoon water in a small, heavy saucepan. Bring mixture to a boil over medium-high heat; cook 45 seconds, stirring until sugar dissolves. Boil 3 minutes or until golden. Immediately pour mixture into a 9-inch quiche dish coated with cooking spray, tipping quickly until caramelized sugar coats bottom of dish.
- ☐ Combine 1% low-fat milk and remaining ingredients in blender; process until smooth.
- ☐ Pour milk mixture over syrup in dish.
- ☐ Place dish in a 13- x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 300 for 55 minutes or until a knife inserted in center comes out clean.
- ☐ Remove dish from pan; cool completely on a wire rack. Cover and chill at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:25.19, Inflammation Score:-3, Nutrition Score:6.5426086485386%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg,

Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 245.39kcal (12.27%), Fat: 6.08g (9.36%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 42.21g (15.35%), Sugar: 41.74g (46.37%), Cholesterol: 64.98mg (21.66%), Sodium: 89.65mg (3.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.59%), Calcium: 205.46mg (20.55%), Phosphorus: 197.54mg (19.75%), Vitamin B2: 0.31mg (18.49%), Selenium: 11.73µg (16.76%), Vitamin B12: 0.57µg (9.58%), Potassium: 285.56mg (8.16%), Vitamin B5: 0.67mg (6.7%), Magnesium: 25.21mg (6.3%), Zinc: 0.84mg (5.63%), Vitamin A: 280.85IU (5.62%), Vitamin D: 0.82µg (5.44%), Vitamin B1: 0.08mg (5.23%), Manganese: 0.08mg (3.87%), Vitamin B6: 0.07mg (3.43%), Folate: 13.12µg (3.28%), Copper: 0.06mg (3.05%), Iron: 0.4mg (2.24%), Fiber: 0.53g (2.12%), Vitamin C: 1.29mg (1.57%), Vitamin E: 0.2mg (1.35%)