



Chocolate Flan

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



292 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 8 large eggs
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 cups milk
- ☐ 6 ounces bittersweet chocolate coarsely chopped
- ☐ 1.8 cups sugar
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

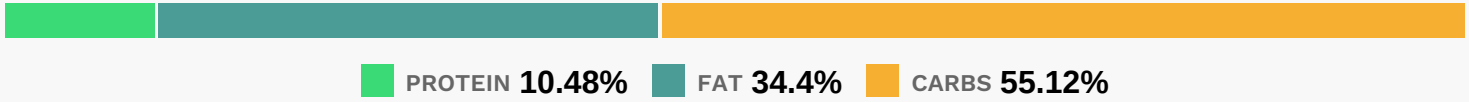
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 30
- ☐ In a heavy medium saucepan, combine 1 cup of the sugar with the lemon juice. Stir with a wooden spoon over moderate heat until the sugar dissolves, then cook, stirring occasionally, until the sugar turns deep brown, about 10 minutes.
- ☐ Pour the hot caramel into an 8-cup metal ring mold; holding the mold carefully by the rim, tilt the mold to coat the interior with the caramel. If needed, use a wooden spoon to push the caramel up the side.
- ☐ In a heavy medium saucepan, combine the milk with the remaining 3/4 cup of sugar. Cook over moderate heat, stirring occasionally, until the sugar dissolves.
- ☐ Add the chocolate, cover and remove the pan from the heat. Set aside until the chocolate is melted. Stir.
- ☐ In a medium bowl, lightly beat the eggs. Gradually whisk in the hot milk, vanilla and cinnamon until thoroughly combined. Strain the custard into a large glass measure, then pour it into the ring mold. Cover the flan loosely with foil and set the mold in a baking dish or roasting pan.
- ☐ Pour in enough hot water to reach halfway up the side of the mold.
- ☐ Bake in the center of the oven for about 1 hour and 10 minutes, or until the flan is set but still jiggly in the center.
- ☐ Remove the mold from the baking dish.

- ☐ Let the flan cool to room temperature, then refrigerate overnight. Run a small sharp knife around the sides of the mold, cover with a large rimmed plate and invert.
- ☐ Cut the flan into wedges and serve.
- ☐ Make Ahead: The flan can be refrigerated for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:21.81, Inflammation Score:-3, Nutrition Score:7.9804347909015%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 291.96kcal (14.6%), Fat: 11.3g (17.39%), Saturated Fat: 5.68g (35.5%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 39.58g (14.39%), Sugar: 38.43g (42.7%), Cholesterol: 134.61mg (44.87%), Sodium: 79.99mg (3.48%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Caffeine: 12.19mg (4.06%), Protein: 7.75g (15.49%), Selenium: 13.15µg (18.78%), Phosphorus: 185.24mg (18.52%), Vitamin B2: 0.28mg (16.33%), Calcium: 128.37mg (12.84%), Vitamin B12: 0.76µg (12.69%), Manganese: 0.21mg (10.48%), Vitamin D: 1.56µg (10.41%), Copper: 0.2mg (10.22%), Magnesium: 38.9mg (9.73%), Vitamin B5: 0.86mg (8.6%), Iron: 1.5mg (8.33%), Zinc: 1.14mg (7.63%), Potassium: 251.96mg (7.2%), Vitamin A: 319.12IU (6.38%), Vitamin B6: 0.11mg (5.62%), Fiber: 1.16g (4.65%), Vitamin B1: 0.06mg (4.27%), Folate: 16.17µg (4.04%), Vitamin E: 0.48mg (3.19%), Vitamin K: 1.38µg (1.31%), Vitamin C: 0.97mg (1.17%), Vitamin B3: 0.23mg (1.16%)