



Chocolate Flan (Flan de Chocolate)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



572 kcal

DESSERT

Ingredients

- ☐ 6 servings individually wrapped caramels
- ☐ 0.8 cup cocoa powder
- ☐ 2 egg yolks
- ☐ 1 can evaporated milk
- ☐ 1 cup heavy cream
- ☐ 1.5 tablespoon sugar
- ☐ 1 can condensed milk sweetened
- ☐ 0.3 cup water

☐ 5 eggs whole

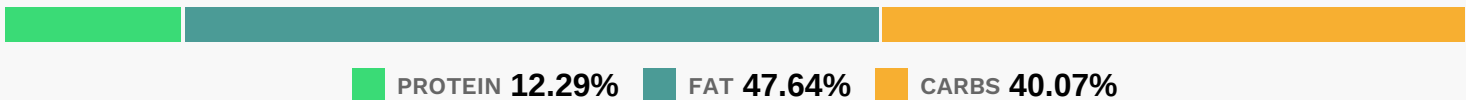
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ ramekin
- ☐ hand mixer
- ☐ roasting pan

Directions

- ☐ To prepare the caramel, put 1 cup of sugar in a small pot with ¼ cup of water. Bring to a boil over high heat. Stir once and reduce the heat to medium and cook about 5 minutes or until the syrup turns a caramel color.Immediately pour an equal amount of the caramel into each ramekin or any oven proof mold you want to use. Swirl each dish to coat the base with the caramel, work fast as the caramel will harden quickly as it cools.
- ☐ Place all the ramekins in a large roasting pan and set aside.Preheat the oven to 350 F.In a medium bowl, using an electric mixer, mix the eggs, egg yolks and 1 ½ tablespoons of sugar for 2 to 3 minutes.
- ☐ Add the condensed milk, heavy cream, evaporated milk and cocoa powder and mix for 1 more minute.Carefully pour an equal amount of the flan mixture into the caramelized ramekins in the roasting pan. Then add hot water to the roasting pan, not to the ramekins, until the water comes half way up the sides of the ramekins.
- ☐ Place the roasting pan in the oven and bake for 1 hour or until a knife inserted in the center of the flan comes out clean.

Nutrition Facts



Properties

Glycemic Index:32.68, Glycemic Load:29, Inflammation Score:-7, Nutrition Score:18.733043691386%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 572.39kcal (28.62%), Fat: 31.89g (49.06%), Saturated Fat: 18.29g (114.32%), Carbohydrates: 60.35g (20.12%), Net Carbohydrates: 56.37g (20.5%), Sugar: 52.89g (58.76%), Cholesterol: 286.27mg (95.42%), Sodium: 239.3mg (10.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.73mg (8.24%), Protein: 18.51g (37.01%), Phosphorus: 496.06mg (49.61%), Vitamin B2: 0.79mg (46.29%), Calcium: 423.77mg (42.38%), Selenium: 28.67µg (40.95%), Vitamin A: 1189.05IU (23.78%), Magnesium: 94.24mg (23.56%), Copper: 0.47mg (23.29%), Manganese: 0.44mg (21.76%), Potassium: 703.31mg (20.09%), Vitamin B5: 1.8mg (18.03%), Zinc: 2.56mg (17.06%), Fiber: 3.98g (15.91%), Vitamin B12: 0.92µg (15.36%), Iron: 2.59mg (14.4%), Vitamin D: 1.88µg (12.55%), Folate: 43.4µg (10.85%), Vitamin B1: 0.14mg (9.26%), Vitamin B6: 0.18mg (8.93%), Vitamin E: 1.16mg (7.74%), Vitamin C: 3.12mg (3.78%), Vitamin B3: 0.56mg (2.78%), Vitamin K: 2.62µg (2.5%)