



Chocolate-Orange Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



223 kcal

DESSERT

Ingredients

- 2 tablespoons rum dark
- 2 tablespoons dutch process cocoa
- 1 large egg white
- 2 large egg yolks
- 1.3 cups milk 1% low-fat
- 1 teaspoon orange rind grated
- 0.5 cup sugar
- 14 ounce condensed milk fat-free sweetened canned

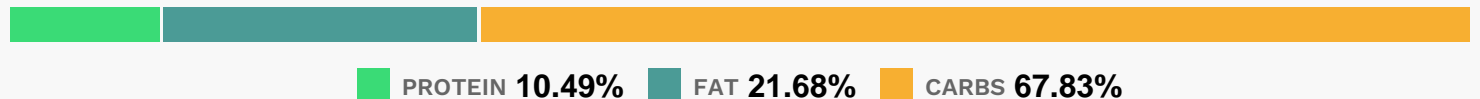
Equipment

- food processor
- frying pan
- oven
- knife
- wire rack
- roasting pan

Directions

- Preheat oven to 30
- Place sugar in a medium, heavy skillet over medium heat; cook until sugar dissolves. Continue cooking an additional 1 1/2 minutes or until golden. Immediately pour into a 9-inch quiche dish coated with cooking spray, tipping quickly until caramelized sugar coats bottom of dish.
- Combine 1% milk and remaining ingredients in a food processor, and process mixture until smooth.
- Pour milk mixture over caramelized syrup in dish.
- Place dish in a shallow roasting pan, and add hot water to pan to a depth of 1 inch.
- Bake at 300 for 1 hour or until a knife inserted in center of flan comes out clean.
- Remove dish from roasting pan, and cool 30 minutes on a wire rack. Cover flan, and chill at least 3 hours.
- Place a plate upside down on top of dish, and invert flan onto plate.
- Drizzle any remaining caramelized syrup over the flan.

Nutrition Facts



Properties

Glycemic Index:16.23, Glycemic Load:22.39, Inflammation Score:-2, Nutrition Score:5.5604347677334%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 222.95kcal (11.15%), Fat: 5.34g (8.22%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 37.18g (13.52%), Sugar: 36.77g (40.86%), Cholesterol: 57.43mg (19.14%), Sodium: 77.07mg (3.35%), Alcohol: 1.11g (100%), Alcohol %: 1.41% (100%), Protein: 5.82g (11.64%), Calcium: 173.56mg (17.36%), Phosphorus: 168.95mg (16.9%), Vitamin B2: 0.27mg (15.91%), Selenium: 10.29µg (14.7%), Vitamin B12: 0.47µg (7.85%), Potassium: 243.47mg (6.96%), Vitamin B5: 0.57mg (5.73%), Magnesium: 21.58mg (5.4%), Zinc: 0.72mg (4.81%), Vitamin A: 237.4IU (4.75%), Vitamin B1: 0.07mg (4.43%), Vitamin D: 0.65µg (4.35%), Folate: 11.59µg (2.9%), Vitamin B6: 0.06mg (2.86%), Copper: 0.05mg (2.72%), Manganese: 0.05mg (2.49%), Iron: 0.35mg (1.96%), Vitamin C: 1.45mg (1.76%), Fiber: 0.43g (1.74%), Vitamin E: 0.18mg (1.17%)