



Cinnamon Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

DESSERT

Ingredients

- 2 large eggs
- 0.5 teaspoon ground cinnamon
- 1.5 cups milk 1% low-fat ()
- 0.3 cup sugar
- 0.5 cup condensed milk fat-free sweetened
- 1 teaspoon vanilla extract
- 1 tablespoon water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- baking pan
- pastry brush

Directions

- Preheat oven to 325°F.
- Place four 3/4-cup custard cups in 13x9x2-inch baking pan. Stir sugar and 1 tablespoon water in heavy small skillet over medium-low heat until sugar dissolves. Boil without stirring until syrup is deep amber color, occasionally brushing down sides of skillet with pastry brush dipped into water and swirling skillet, about 8 minutes. Immediately pour syrup into custard cups, dividing equally.
- Whisk milk and cinnamon in small saucepan to blend; bring to simmer. Cover and let cool 15 minutes.
- Whisk eggs to blend in medium bowl. Gradually whisk in cinnamon milk, then sweetened condensed milk and vanilla. Divide among caramel-lined custard cups.
- Pour enough hot water into baking pan to come halfway up sides of cups.
- Bake custards until set in center, about 55 minutes. Cool in water in pan.
- Remove custard cups from water; cover and refrigerate overnight.
- Run small knife around custards to loosen. To unmold each, place small plate atop custard; firmly holding plate and custard cup together, invert and shake gently, allowing custard and caramel to settle onto plate.
- Per serving: calories, 238; total fat, 4 g; saturated fat, 1 g; cholesterol, 112 mg
- Bon Appétit

Nutrition Facts



■ PROTEIN 14.72% ■ FAT 23.77% ■ CARBS 61.51%

Properties

Glycemic Index:34.02, Glycemic Load:21.42, Inflammation Score:-3, Nutrition Score:8.1943478402884%

Nutrients (% of daily need)

Calories: 248.21kcal (12.41%), Fat: 6.59g (10.14%), Saturated Fat: 3.39g (21.16%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 38.23g (13.9%), Sugar: 37.9g (42.11%), Cholesterol: 110.43mg (36.81%), Sodium: 119.02mg (5.17%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 9.18g (18.35%), Phosphorus: 237.65mg (23.76%), Calcium: 236.99mg (23.7%), Vitamin B2: 0.4mg (23.57%), Selenium: 15.28µg (21.82%), Vitamin B12: 0.93µg (15.51%), Vitamin D: 1.55µg (10.33%), Vitamin B5: 0.99mg (9.91%), Potassium: 319.93mg (9.14%), Vitamin A: 411.33IU (8.23%), Zinc: 1.07mg (7.13%), Vitamin B1: 0.09mg (6.34%), Magnesium: 23.87mg (5.97%), Vitamin B6: 0.12mg (5.79%), Folate: 17.74µg (4.44%), Iron: 0.54mg (2.99%), Manganese: 0.06mg (2.92%), Vitamin E: 0.35mg (2.31%), Copper: 0.03mg (1.38%), Vitamin C: 1mg (1.22%), Vitamin B3: 0.21mg (1.03%)