



Classic Flan

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



227 kcal

DESSERT

Ingredients

- 4 large eggs
- 1 pinch salt
- 1 cup sugar divided
- 1 teaspoon vanilla extract
- 0.3 cup water
- 2 cups milk whole

Equipment

- bowl

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

Directions

- Preheat oven to 350°F. Stir 1/2 cup sugar and 1/4 cup water in heavy small saucepan over low heat until sugar dissolves. Increase heat; boil without stirring until syrup is deep amber color, brushing down sides of pan with wet pastry brush and swirling pan occasionally, about 10 minutes. Divide caramel among six 3/4-cup custard cups. Working quickly, tilt cups, coating bottoms and part of sides.
- Stir milk and 1/2 cup sugar in medium saucepan over low heat just until sugar dissolves (milk will be lukewarm).
- Whisk eggs in medium bowl until blended. Slowly whisk in milk mixture.
- Whisk in vanilla and salt. Strain custard into prepared cups.
- Arrange cups in 13x9x2-inch metal baking pan.
- Pour enough hot water into baking pan to come halfway up sides of cups.
- Bake flans until just set in center, about 50 minutes.
- Remove cups from water and let stand 30 minutes. Chill until cold, at least 4 hours and up to 1 day.
- Cut around sides of each cup to loosen flan; turn out onto plate.

Nutrition Facts



PROTEIN 11.96% FAT 23.04% CARBS 65%

Properties

Glycemic Index:18.02, Glycemic Load:24.71, Inflammation Score:-2, Nutrition Score:5.7647825907106%

Nutrients (% of daily need)

Calories: 226.72kcal (11.34%), Fat: 5.88g (9.05%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 37.32g (12.44%),
Net Carbohydrates: 37.32g (13.57%), Sugar: 37.39g (41.54%), Cholesterol: 133.76mg (44.59%), Sodium: 85.59mg
(3.72%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 6.87g (13.74%), Selenium: 11.98µg (17.11%), Vitamin
B2: 0.27mg (15.97%), Phosphorus: 148.19mg (14.82%), Vitamin B12: 0.74µg (12.26%), Calcium: 119.41mg (11.94%),
Vitamin D: 1.56µg (10.41%), Vitamin B5: 0.81mg (8.15%), Vitamin A: 311.76IU (6.24%), Vitamin B6: 0.11mg (5.32%),
Zinc: 0.77mg (5.12%), Potassium: 169.65mg (4.85%), Vitamin B1: 0.06mg (3.93%), Folate: 15.67µg (3.92%),
Magnesium: 13.94mg (3.48%), Iron: 0.6mg (3.34%), Vitamin E: 0.39mg (2.6%), Copper: 0.03mg (1.46%)