



## Coconut Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



4105 kcal

DESSERT

### Ingredients

- 1 cup goya® cream of coconut
- 13.5 oz goya coconut milk canned
- 1 cup goya condensed milk sweetened
- 5 eggs
- 1 cup sugar
- 0.3 teaspoon goya vanilla extract

### Equipment

- bowl

- frying pan
- sauce pan
- oven
- whisk
- ramekin
- baking pan
- aluminum foil
- tongs
- butter knife
- pastry brush

## Directions

- Heat oven to 325F. In a small, heavy saucepan over medium-high heat, bring sugar and cup water to a boil, stirring until the sugar dissolves. Using a wet pastry brush, wipe off any sugar that sticks to the sides of the pan. Cook, without stirring, swirling the pan, until the syrup turns golden brown, about 10 minutes. Carefully pour the hot caramel into eight 4 oz. ramekins; set aside to cool.
- In a large bowl, using a whisk, beat the eggs until completely combined.
- Whisk in the cream of coconut, condensed milk, coconut milk and vanilla until smooth. Divide the egg mixture evenly among ramekins.
- Place ramekins in a shallow baking dish and place in the middle rack of the oven.
- Pour in enough hot water to come halfway up the sides of the ramekins; cover with aluminum foil.
- Bake until the Flan is set but still wiggly in the center, 1 hour 15 minutes. Using tongs, carefully remove the ramekins from the water.
- Transfer to refrigerator to cool completely.
- When ready to serve, gently run butter knife around edges and invert onto serving plates.
- Garnish with raspberries and mint leaves, if desired.

## Nutrition Facts



■ PROTEIN 5.69% ■ FAT 38.46% ■ CARBS 55.85%

## Properties

Glycemic Index:228.09, Glycemic Load:251.6, Inflammation Score:-8, Nutrition Score:53.427825927734%

## Nutrients (% of daily need)

Calories: 4105.38kcal (205.27%), Fat: 179.16g (275.63%), Saturated Fat: 140.48g (877.98%), Carbohydrates: 585.33g (195.11%), Net Carbohydrates: 575.47g (209.26%), Sugar: 564.35g (627.05%), Cholesterol: 922.44mg (307.48%), Sodium: 900.86mg (39.17%), Alcohol: 0.34g (100%), Alcohol %: 0.03% (100%), Protein: 59.66g (119.31%), Selenium: 114.03µg (162.9%), Phosphorus: 1577.25mg (157.72%), Manganese: 3.03mg (151.48%), Vitamin B2: 2.32mg (136.31%), Calcium: 1063.24mg (106.32%), Iron: 17.16mg (95.35%), Magnesium: 282.13mg (70.53%), Potassium: 2286.32mg (65.32%), Vitamin B5: 6.25mg (62.54%), Vitamin B12: 3.3µg (55.07%), Copper: 1.07mg (53.62%), Zinc: 7.88mg (52.52%), Folate: 190.64µg (47.66%), Vitamin A: 2005.02IU (40.1%), Fiber: 9.86g (39.43%), Vitamin D: 5.01µg (33.41%), Vitamin B6: 0.64mg (31.87%), Vitamin B1: 0.45mg (29.85%), Vitamin E: 2.8mg (18.66%), Vitamin B3: 3.25mg (16.25%), Vitamin C: 11.78mg (14.28%), Vitamin K: 2.5µg (2.38%)