



Coconut Flan

 Vegetarian  Gluten Free

READY IN



110 min.

SERVINGS



10

CALORIES



637 kcal

DESSERT

Ingredients

- 1 cup mrs richardson's butterscotch caramel sauce at room temperature
- 6 large eggs at room temperature
- 12 ounce evaporated milk canned
- 0.5 teaspoon salt
- 42 ounce condensed milk sweetened canned
- 0.5 cup coconut or shredded sweetened toasted
- 14 ounce coconut milk unsweetened canned
- 1 tablespoon vanilla extract

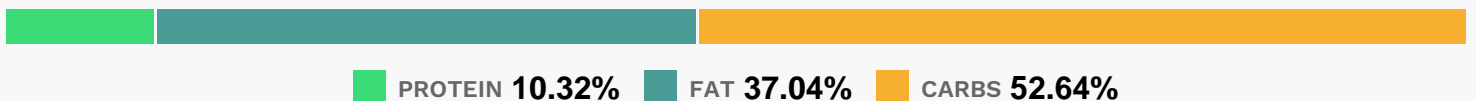
Equipment

- frying pan
- oven
- hand mixer
- roasting pan
- aluminum foil
- kugelhopf pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Spray a 10-cup Bundt or tube pan with vegetable oil cooking spray.
- Drizzle the cajeta into the prepared pan, turning to coat the bottom and sides. Set aside.
- Using an electric mixer, beat the milks, eggs, vanilla extract, and salt.
- Pour the mixture into the pan.
- Place the pan inside a large roasting pan. Fill the roasting pan with enough water to come halfway up the sides. Cover the Bundt pan with foil.
- Bake until the center jiggles slightly when pan is moved, about 1 hour 40 minutes.
- Remove from the oven and let cool at room temperature for 30 minutes. Refrigerate, covered, for 3 hours or overnight.
- Turn the flan out onto a platter.
- Sprinkle with toasted coconut and serve.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:39.51, Inflammation Score:-5, Nutrition Score:16.089565339296%

Nutrients (% of daily need)

Calories: 637.42kcal (31.87%), Fat: 26.83g (41.27%), Saturated Fat: 18.83g (117.68%), Carbohydrates: 85.79g (28.6%), Net Carbohydrates: 84.72g (30.81%), Sugar: 84.61g (94.02%), Cholesterol: 161.95mg (53.98%), Sodium: 441.08mg (19.18%), Alcohol: 0.45g (100%), Alcohol %: 0.23% (100%), Protein: 16.83g (33.66%), Phosphorus: 483.1mg (48.31%), Calcium: 462.06mg (46.21%), Selenium: 31.12µg (44.46%), Vitamin B2: 0.74mg (43.65%), Manganese: 0.51mg (25.36%), Potassium: 722.63mg (20.65%), Vitamin B5: 1.71mg (17.11%), Magnesium: 60.95mg (15.24%), Vitamin B12: 0.89µg (14.77%), Zinc: 2.12mg (14.12%), Vitamin A: 581.56IU (11.63%), Vitamin B1: 0.15mg (9.8%), Folate: 37.08µg (9.27%), Iron: 1.56mg (8.64%), Copper: 0.17mg (8.28%), Vitamin B6: 0.15mg (7.72%), Vitamin C: 5mg (6.06%), Vitamin D: 0.87µg (5.81%), Vitamin E: 0.65mg (4.32%), Fiber: 1.08g (4.3%), Vitamin B3: 0.67mg (3.34%), Vitamin K: 1.06µg (1.01%)