



Coconut Flan

 Vegetarian  Gluten Free

READY IN

ready

155 min.

SERVINGS

servings

4

CALORIES

calories

1032 kcal

DESSERT

Ingredients

- ☐ 4 servings poached berries for garnish
- ☐ 5 large eggs
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1 can condensed milk sweetened
- ☐ 1 can coconut milk unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 3 tablespoons water
- ☐ 4 servings water hot for water bath

☐ 2 cups sugar white

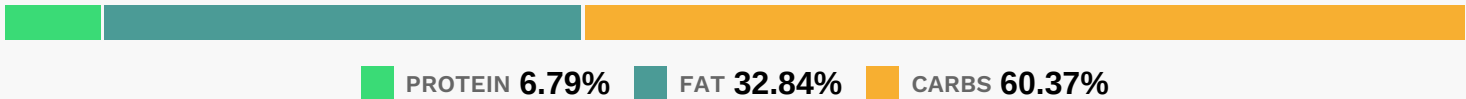
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ ramekin
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Preheat oven to 300 degrees F.
- ☐ Place sugar in a small saucepan and gently add the water and lemon juice. Do not stir. Bring the saucepan to a boil over medium-high heat, without stirring, until the mixture turns golden brown. Divide the caramel among 4 ramekins, filling them 1/4 of the way up.
- ☐ Beat the eggs in a large mixing bowl.
- ☐ Add the remaining ingredients and blend until combined.
- ☐ Pour the custard into the ramekins on top of the caramel.
- ☐ Place the ramekins in a large roasting pan or baking dish and carefully pour hot water into the pan around them, 1/2 way up their sides, to make a water bath.
- ☐ Bake in a preheated oven for 20 minutes until the flan starts to wiggle in the ramekins when gently shaken.
- ☐ Remove the ramekins from the water bath and chill them in the refrigerator for 2 hours before serving.
- ☐ Run knife around the edge of the ramekins. Invert on a plate and garnish with berries.

Nutrition Facts



Properties

Glycemic Index:32.77, Glycemic Load:102.66, Inflammation Score:-4, Nutrition Score:19.077826064566%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1032.17kcal (51.61%), Fat: 38.69g (59.52%), Saturated Fat: 28.49g (178.08%), Carbohydrates: 160.02g (53.34%), Net Carbohydrates: 157.79g (57.38%), Sugar: 157.74g (175.27%), Cholesterol: 266.16mg (88.72%), Sodium: 243.18mg (10.57%), Alcohol: 1.12g (100%), Alcohol %: 0.23% (100%), Protein: 18g (36.01%), Selenium: 40.64µg (58.06%), Manganese: 0.95mg (47.62%), Phosphorus: 474.58mg (47.46%), Vitamin B2: 0.72mg (42.35%), Calcium: 341.07mg (34.11%), Potassium: 724.53mg (20.7%), Vitamin B5: 1.89mg (18.87%), Copper: 0.38mg (18.76%), Magnesium: 73.2mg (18.3%), Iron: 2.98mg (16.54%), Vitamin B12: 0.99µg (16.53%), Zinc: 2.45mg (16.31%), Folate: 56.46µg (14.11%), Vitamin A: 602.33IU (12.05%), Vitamin D: 1.45µg (9.65%), Vitamin B6: 0.19mg (9.57%), Vitamin B1: 0.14mg (9.4%), Fiber: 2.23g (8.92%), Vitamin C: 5.64mg (6.84%), Vitamin E: 0.97mg (6.47%), Vitamin B3: 1.03mg (5.17%)