



Coconut Flan



Vegetarian



Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



352 kcal

DESSERT

Ingredients

- ☐ 0.3 cup coconut flakes shredded
- ☐ 0.3 cup coconut flakes shredded toasted for garnish
- ☐ 1.5 cups coconut milk
- ☐ 3 eggs
- ☐ 0.3 cup sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2 teaspoons vanilla extract
- ☐ 8 servings whipped cream fresh for garnish

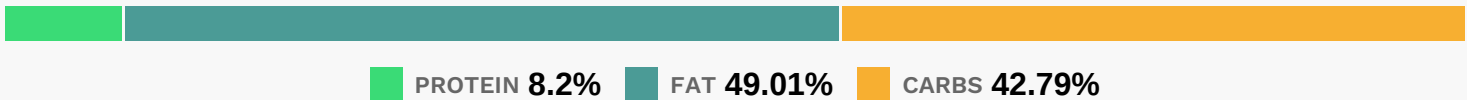
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ In a small saucepan over medium-low heat, melt the sugar until it caramelizes.
- ☐ Pour it into a flan dish, pie plate or round souffle baking dish with shallow sides, swirling it around to coat the bottom.
- ☐ In a large mixing bowl, beat the eggs until foamy with a wire whisk. Beat in the condensed milk, coconut milk, vanilla extract and 1/4 cup coconut.
- ☐ Pour the mixture into the prepared baking dish. It will need to bake in a water-bath in the oven. Set the dish into a large baking pan with sides and carefully pour water around the flan to come 2/3 the way up the sides. Carefully transfer to the preheated oven.
- ☐ Bake for about 1 hour, until the flan is set and the center only jiggles a little bit, like a cheesecake would.
- ☐ Remove from the oven and water-bath and allow to cool completely. Turn the flan out onto a flat serving platter.
- ☐ Cut into slices for serving.
- ☐ Garnish with whipped cream and toasted coconut.

Nutrition Facts



Properties

Glycemic Index:35.39, Glycemic Load:23.85, Inflammation Score:-3, Nutrition Score:8.2708696152853%

Nutrients (% of daily need)

Calories: 351.77kcal (17.59%), Fat: 19.71g (30.33%), Saturated Fat: 15.13g (94.53%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 37.86g (13.77%), Sugar: 36.36g (40.4%), Cholesterol: 82.81mg (27.6%), Sodium: 94.56mg (4.11%), Alcohol: 0.34g (100%), Alcohol %: 0.34% (100%), Protein: 7.42g (14.83%), Manganese: 0.48mg (24.08%), Phosphorus: 215.21mg (21.52%), Selenium: 13.52µg (19.32%), Vitamin B2: 0.29mg (17.27%), Calcium: 165.4mg (16.54%), Iron: 1.97mg (10.92%), Magnesium: 39.93mg (9.98%), Potassium: 339.37mg (9.7%), Copper: 0.16mg (7.9%), Vitamin B5: 0.75mg (7.51%), Zinc: 1.05mg (6.98%), Vitamin B12: 0.38µg (6.38%), Vitamin A: 262.66IU (5.25%), Folate: 19.8µg (4.95%), Vitamin B1: 0.07mg (4.41%), Vitamin B6: 0.08mg (4.19%), Fiber: 0.87g (3.46%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.79mg (2.17%), Vitamin B3: 0.43mg (2.13%), Vitamin E: 0.31mg (2.1%)