

Coconut Flan



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



12

CALORIES



248 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons rum dark
- ☐ 3 large eggs
- ☐ 1 cup sugar
- ☐ 0.3 cup coconut sweetened flaked
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.3 cup water
- ☐ 3.5 cups milk whole divided

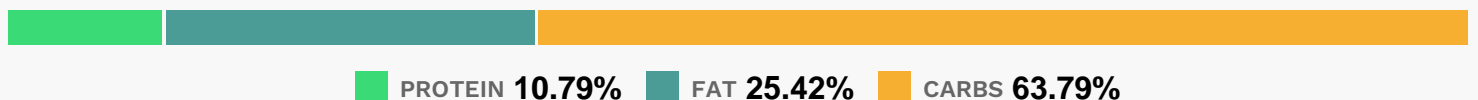
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ ramekin
- ☐ roasting pan
- ☐ pastry brush

Directions

- ☐ Bring sugar and water to a boil in a small heavy saucepan over medium heat, stirring until sugar has dissolved, then wash down any sugar crystals from side of pan with a pastry brush dipped in cold water. Boil, without stirring, swirling pan occasionally so caramel colors evenly, until dark amber.
- ☐ Immediately pour into ramekins and swirl so caramel coats bottom of each, then put ramekins in a large roasting pan.
- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Blend 2 cups milk with remaining flan ingredients in a blender until smooth, about 1 minute.
- ☐ Transfer to a bowl and stir in remaining 1 1/2 cups milk, then divide among ramekins.
- ☐ Bake flan in a water bath until just set but still wobbly in center, 1 to 1 1/4 hours.
- ☐ Remove ramekins from water bath and cool slightly on a rack, at least 15 minutes (flan will continue to set as it cools).
- ☐ Just before serving, run a thin knife around each flan, then invert onto plates.
- ☐ Flan can be made 2 days ahead. Chill in ramekins, uncovered, until cool, then covered.
- ☐ Let stand at room temperature about 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:15.34, Glycemic Load:23.87, Inflammation Score:-2, Nutrition Score:5.9813043319661%

Nutrients (% of daily need)

Calories: 247.65kcal (12.38%), Fat: 6.89g (10.6%), Saturated Fat: 4g (24.99%), Carbohydrates: 38.92g (12.97%), Net Carbohydrates: 38.75g (14.09%), Sugar: 38.75g (43.05%), Cholesterol: 66.29mg (22.1%), Sodium: 92.3mg (4.01%), Alcohol: 1.25g (100%), Alcohol %: 1.1% (100%), Protein: 6.58g (13.16%), Calcium: 188.98mg (18.9%), Phosphorus: 182.23mg (18.22%), Vitamin B2: 0.3mg (17.44%), Selenium: 10.47µg (14.96%), Vitamin B12: 0.64µg (10.68%), Vitamin D: 1.1µg (7.33%), Potassium: 253.51mg (7.24%), Vitamin B5: 0.71mg (7.08%), Vitamin A: 271.1IU (5.42%), Zinc: 0.78mg (5.2%), Vitamin B1: 0.08mg (5.01%), Magnesium: 19.59mg (4.9%), Vitamin B6: 0.08mg (4.1%), Folate: 9.57µg (2.39%), Iron: 0.32mg (1.77%), Vitamin E: 0.22mg (1.47%), Manganese: 0.03mg (1.33%), Copper: 0.02mg (1.13%), Vitamin C: 0.86mg (1.04%)