



Coconut Flan



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

Ingredients

- ☐ 2 large egg yolk
- ☐ 2 large eggs
- ☐ 0.8 cup coconut sweetened flaked
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.3 cups milk whole

Equipment

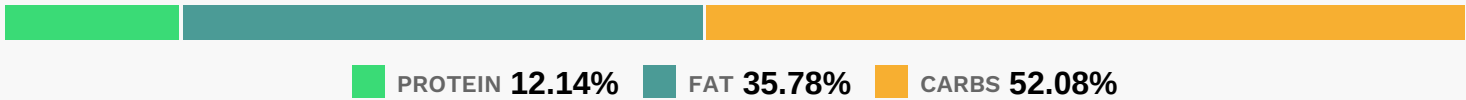
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Arrange six 3/4-cup custard cups in 13 x 9 x 2-inch baking pan.
- ☐ Whisk first 5 ingredients in medium bowl to blend.
- ☐ Mix in coconut. Divide mixture among cups.
- ☐ Pour enough hot water into pan to come halfway up sides of cups.
- ☐ Bake flans until just set in center, about 30 minutes.
- ☐ Remove flans from pan and refrigerate until cold, about 2 hours. (Can be prepared 1 day ahead. Cover and keep refrigerated.)

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:22.91, Inflammation Score:-3, Nutrition Score:9.8600000505862%

Nutrients (% of daily need)

Calories: 336.36kcal (16.82%), Fat: 13.55g (20.85%), Saturated Fat: 8.51g (53.17%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 43.33g (15.76%), Sugar: 42.64g (47.38%), Cholesterol: 152.2mg (50.73%), Sodium: 161.31mg (7.01%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 10.34g (20.69%), Selenium: 20.82µg (29.74%), Phosphorus: 287.87mg (28.79%), Calcium: 272.4mg (27.24%), Vitamin B2: 0.46mg (26.94%), Vitamin B12: 0.84µg (14.04%), Vitamin B5: 1.14mg (11.38%), Potassium: 394.77mg (11.28%), Vitamin D: 1.37µg (9.12%), Vitamin A: 436.17IU (8.72%), Zinc: 1.27mg (8.43%), Magnesium: 31.45mg (7.86%), Vitamin B1: 0.11mg (7.21%), Folate: 23.7µg (5.93%), Vitamin B6: 0.12mg (5.91%), Manganese: 0.12mg (5.83%), Fiber: 1.05g (4.21%), Iron: 0.73mg (4.07%), Vitamin E: 0.45mg (3.03%), Copper: 0.06mg (2.92%), Vitamin C: 1.72mg (2.08%), Vitamin B3: 0.29mg (1.43%)