



## Coconut Flan

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



701 kcal

DESSERT

## Ingredients

- ☐ 1 cup coconut or shredded
- ☐ 2 tablespoons coconut extract
- ☐ 6 large eggs
- ☐ 14 ounce evaporated milk canned
- ☐ 0.5 teaspoon salt
- ☐ 3 cups sugar
- ☐ 42 ounce condensed milk sweetened canned
- ☐ 14 ounce coconut milk unsweetened canned

☐ 1 tablespoon vanilla extract

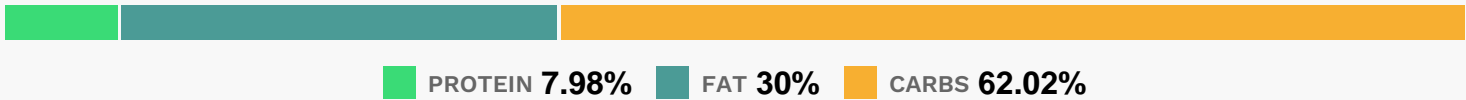
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ ramekin
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325°F.
- ☐ Place 2 cups of the sugar in a heavy saucepan and cook over medium heat, stirring regularly, until caramelized.
- ☐ Pour the caramel into a 9-inch-round, 3-inch-deep pan (or divide among 12 individual ramekins), turning to coat the bottom and sides. Set aside for 15 minutes.
- ☐ In a large bowl, mix the milks, eggs, coconut extract, vanilla extract, and salt.
- ☐ Pour the mixture over the caramel. Set in a water bath and cover with foil.
- ☐ Bake until the center is set, 2 1/2 to 3 hours. Chill for 3 hours or overnight.
- ☐ Before serving, turn the flan onto a serving plate.
- ☐ Heat the remaining sugar in 1 cup water over medium-high heat until it dissolves, about 30 seconds. Stir in the coconut and spoon over the flan.

Nutrition Facts



Properties

Glycemic Index:11.76, Glycemic Load:67.87, Inflammation Score:-4, Nutrition Score:13.766086801239%

Nutrients (% of daily need)

Calories: 701.3kcal (35.06%), Fat: 23.78g (36.58%), Saturated Fat: 16.71g (104.42%), Carbohydrates: 110.57g (36.86%), Net Carbohydrates: 109.25g (39.73%), Sugar: 109.26g (121.4%), Cholesterol: 136.33mg (45.44%), Sodium: 300.58mg (13.07%), Alcohol: 1.22g (100%), Alcohol %: 0.62% (100%), Protein: 14.23g (28.46%), Phosphorus: 408.5mg (40.85%), Calcium: 389.29mg (38.93%), Vitamin B2: 0.65mg (37.98%), Selenium: 26.15µg (37.35%), Manganese: 0.43mg (21.42%), Potassium: 619.82mg (17.71%), Vitamin B5: 1.42mg (14.2%), Magnesium: 51.53mg (12.88%), Zinc: 1.81mg (12.09%), Vitamin B12: 0.71µg (11.87%), Vitamin A: 478.97IU (9.58%), Vitamin B1: 0.13mg (8.55%), Folate: 32.34µg (8.08%), Copper: 0.16mg (8.06%), Iron: 1.42mg (7.91%), Vitamin B6: 0.13mg (6.25%), Fiber: 1.33g (5.31%), Vitamin C: 4.35mg (5.28%), Vitamin D: 0.73µg (4.88%), Vitamin E: 0.54mg (3.6%), Vitamin B3: 0.59mg (2.97%)