



Coconut Flan with Crispy Coconut Cookies

 Vegetarian

READY IN



165 min.

SERVINGS



10

CALORIES



372 kcal

DESSERT

Ingredients

- 27 ounce coconut milk canned
- 2 reserved egg whites lightly beaten
- 2 egg yolks for cookies
- 6 eggs
- 0.5 cup flour all-purpose
- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.5 cup sugar

- 3 tablespoon flake coconut sweetened
- 4 tablespoons butter unsalted melted
- 2 teaspoons vanilla extract
- 2 tablespoons water

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- whisk
- mixing bowl
- baking pan
- cake form

Directions

- Preheat oven to 325 degrees F.
- In a small saucepan combine the 1/2 cup sugar until with 2 tablespoons water and heat until the sugar is completely dissolved and it turns a golden brown color. Carefully pour the caramelized sugar into the bottom of a 10-inch cake pan. Tilt the pan, from side to side, in a circular motion swirling the sugar around so that evenly coats the bottom of the pan.
- Place the cake pan into a baking dish large enough to accommodate the cake pan and set aside to cool. The sugar will harden as it cools.
- In a large mixing bowl combine eggs, egg yolks, salt, vanilla, remaining 2/3cup sugar and coconut milk.
- Whisk until well blended.
- Pour custard mixture into the cake pan over the caramelized sugar.

- Place the flan into the oven and pour warm water into the baking dish so that it comes up about 1 1/2-inches up the side of the cake pan.
- Bake at 325 degrees F for 1 hour or until knife inserted near center comes out clean.
- Remove from the oven and let cool to room temperature. Chill for at least 1 hour or overnight in the refrigerator. To unmold the flan, run a knife around the edge of the cake pan and invert onto a plate.
- Preheat oven to 400 degrees F and line 2 baking sheets with parchment paper.
- In a medium bowl, sift together the flour, sugar, and salt. Beat in the egg whites and melted butter until well incorporated.
- Spoon out batter, about 1/2 a tablespoon at a time, onto a parchment lined baking sheets.
- Spread cookies into 2 to 3 inch circles about 1/8-inch thick.
- Sprinkle with coconut and bake 6 minutes or until slightly browned. Allow to cool completely on the baking sheets. Carefully peel from parchment and serve with coconut flan.

Nutrition Facts

PROTEIN 7.44% **FAT 64.71%** **CARBS 27.85%**

Properties

Glycemic Index:21.52, Glycemic Load:13.92, Inflammation Score:-3, Nutrition Score:9.2773912082548%

Nutrients (% of daily need)

Calories: 371.7kcal (18.58%), Fat: 27.59g (42.44%), Saturated Fat: 21.38g (133.61%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 24.42g (8.88%), Sugar: 19.44g (21.6%), Cholesterol: 149.13mg (49.71%), Sodium: 132.55mg (5.76%), Alcohol: 0.28g (100%), Alcohol %: 0.24% (100%), Protein: 7.14g (14.28%), Manganese: 0.8mg (39.96%), Selenium: 19.05µg (27.21%), Phosphorus: 156.33mg (15.63%), Copper: 0.25mg (12.59%), Iron: 2.19mg (12.15%), Vitamin B2: 0.2mg (11.94%), Folate: 41.89µg (10.47%), Fiber: 2.29g (9.17%), Magnesium: 36.21mg (9.05%), Potassium: 276.99mg (7.91%), Vitamin B5: 0.7mg (7.04%), Zinc: 1.02mg (6.81%), Vitamin A: 334.42IU (6.69%), Vitamin B1: 0.09mg (5.81%), Vitamin D: 0.81µg (5.38%), Vitamin B12: 0.32µg (5.33%), Vitamin B3: 1.01mg (5.07%), Vitamin B6: 0.09mg (4.37%), Vitamin E: 0.62mg (4.12%), Calcium: 35.23mg (3.52%), Vitamin C: 2.14mg (2.6%)