



## Coconut Flans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



437 kcal

DESSERT

### Ingredients

- 8 large egg yolk
- 1.8 cups sugar
- 0.8 cup coconut sweetened flaked
- 3 tablespoons triple sec
- 13.5 ounce coconut milk unsweetened canned
- 1 vanilla pod split
- 2 tablespoons vegetable oil
- 1 tablespoon water

- 1 cup milk whole

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- whisk
- ramekin
- hand mixer
- roasting pan
- pastry brush
- oven mitt

## Directions

- Whisk oil and 1 tablespoon water in small bowl to blend.
- Brush inside of eight 3/4-cup custard cups or ramekins with oil mixture.
- Combine 1 cup sugar and remaining 1/4 cup water in heavy medium saucepan. Stir over medium-low heat until sugar dissolves. Boil without stirring until syrup is deep amber color, brushing down sides of pan with wet pastry brush and swirling occasionally, about 9 minutes. Immediately divide caramel among prepared custard cups. Using oven mitts, tilt each custard cup to coat bottom with caramel.
- Place cups in large roasting pan.
- Preheat oven to 350°F.
- Spread coconut on baking sheet. Toast in oven until light golden, stirring occasionally, about 10 minutes. Maintain oven temperature.
- Combine coconut milk and milk in another medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to boil.

- Remove from heat. Cover; steep 10 minutes.
- Remove vanilla bean. Using electric mixer, beat egg yolks and 3/4 cup sugar in large bowl until thick and pale, about 4 minutes. Gradually whisk hot milk mixture into egg mixture.
- Whisk in triple sec. Stir in 1/2 cup toasted coconut.
- Divide custard among caramel-lined custard cups.
- Pour enough hot water into roasting pan to come halfway up sides of custard cups.
- Bake until custards are almost set and move only slightly when cups are shaken gently, about 50 minutes.
- Remove custards from water. Cool slightly. Chill uncovered overnight.
- Run small sharp knife around custards to loosen. To unmold each custard, place plate atop custard cup. Firmly grasp custard cup and plate and invert, shaking gently and allowing custard to settle on plate.
- Sprinkle custards with remaining 1/4 cup toasted coconut and serve.

## Nutrition Facts

**PROTEIN 4.57%** **FAT 46.28%** **CARBS 49.15%**

### Properties

Glycemic Index:13.51, Glycemic Load:31.08, Inflammation Score:-2, Nutrition Score:7.9421738697135%

### Nutrients (% of daily need)

Calories: 436.7kcal (21.83%), Fat: 22.75g (35%), Saturated Fat: 14.91g (93.21%), Carbohydrates: 54.36g (18.12%), Net Carbohydrates: 52.51g (19.1%), Sugar: 51.57g (57.3%), Cholesterol: 187.26mg (62.42%), Sodium: 50.62mg (2.2%), Alcohol: 1.46g (100%), Alcohol %: 1.17% (100%), Protein: 5.05g (10.11%), Manganese: 0.53mg (26.4%), Selenium: 14.63µg (20.9%), Phosphorus: 153.25mg (15.33%), Copper: 0.17mg (8.49%), Vitamin D: 1.25µg (8.36%), Vitamin B2: 0.14mg (8.35%), Vitamin B12: 0.5µg (8.27%), Folate: 32.71µg (8.18%), Iron: 1.39mg (7.75%), Fiber: 1.84g (7.37%), Vitamin B5: 0.72mg (7.21%), Calcium: 68.53mg (6.85%), Magnesium: 26.46mg (6.62%), Potassium: 221.43mg (6.33%), Vitamin K: 6.51µg (6.2%), Zinc: 0.9mg (6%), Vitamin A: 294.55IU (5.89%), Vitamin E: 0.8mg (5.36%), Vitamin B6: 0.1mg (4.81%), Vitamin B1: 0.06mg (4.06%), Vitamin B3: 0.46mg (2.32%), Vitamin C: 1.34mg (1.62%)