



Creamy Flan

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 0.3 cup egg substitute frozen thawed
- ☐ 1 cup skim milk
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons sugar
- ☐ 1 teaspoon vanilla extract

Equipment

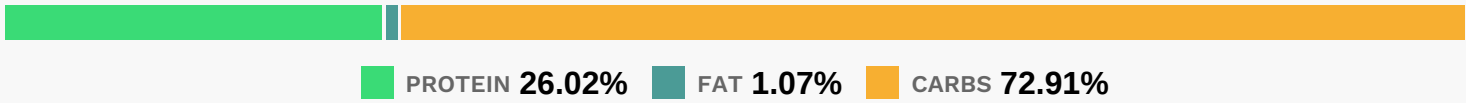
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Place 2 teaspoons sugar in a small saucepan. Cook over medium heat, stirring constantly, 2 minutes or until sugar melts and turns light brown. Quickly pour hot mixture evenly into 2 (6-ounce) custard cups coated with cooking spray, tilting to coat bottoms of cups.
- ☐ Combine milk and remaining ingredients; pour evenly into custard cups.
- ☐ Place custard cups in an 8-inch square pan; add hot water to pan to depth of 1 inch.
- ☐ Bake at 325 for 1 hour and 20 minutes or until partially set.
- ☐ Remove custard cups from water, and let cool on a wire rack. Cover and chill 2 hours. To serve, loosen edges of custards with a knife; invert onto serving plates.

Nutrition Facts



Properties

Glycemic Index:86.72, Glycemic Load:13.16, Inflammation Score:-3, Nutrition Score:7.5586955573248%

Nutrients (% of daily need)

Calories: 128.21kcal (6.41%), Fat: 0.15g (0.23%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 22.98g (8.36%), Sugar: 23.21g (25.79%), Cholesterol: 3.67mg (1.23%), Sodium: 130.16mg (5.66%), Alcohol: 0.69g (100%), Alcohol %: 0.48% (100%), Protein: 8.2g (16.41%), Selenium: 19.07µg (27.24%), Calcium: 191.28mg (19.13%), Vitamin B2: 0.32mg (18.81%), Phosphorus: 159.99mg (16%), Vitamin B12: 0.85µg (14.11%), Vitamin D: 1.99µg (13.25%), Vitamin B5: 1.1mg (11.02%), Potassium: 293.05mg (8.37%), Vitamin B1: 0.12mg (7.79%), Vitamin A: 339.9IU (6.8%), Zinc: 0.95mg (6.31%), Vitamin B6: 0.12mg (6.24%), Magnesium: 20.94mg (5.24%), Iron: 0.8mg (4.46%), Vitamin E: 0.64mg (4.24%), Folate: 8.85µg (2.21%), Vitamin B3: 0.21mg (1.05%)