



Deconstructed Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

DESSERT

Ingredients

- 3 large eggs
- 1 cup half-and-half
- 0.3 cup sugar
- 0.3 cup sugar
- 1 vanilla pod split
- 32 ounce carton vanilla yogurt low-fat drained
- 0.5 cup water boiling
- 1 cup milk whole

Equipment

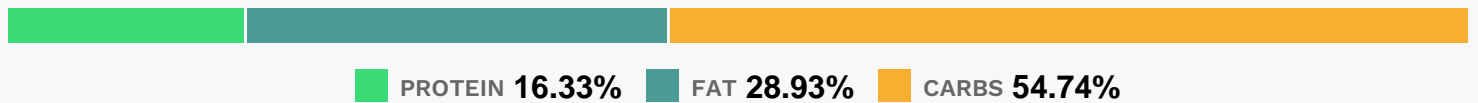
- bowl
- frying pan
- sauce pan
- whisk
- plastic wrap
- colander
- cheesecloth

Directions

- To prepare yogurt cheese, place a colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges. Spoon yogurt into colander. Cover loosely with plastic wrap, and refrigerate 12 hours. Spoon yogurt cheese into a bowl; discard liquid. Cover and refrigerate.
- To prepare ice cream, combine 1/4 cup sugar and eggs in a medium bowl, stirring well with a whisk.
- Combine milk and half-and-half in a heavy saucepan over medium-high heat. Scrape seeds from vanilla bean, and add seeds and bean to milk mixture.
- Heat to 180 or until tiny bubbles form around edge of pan, stirring frequently (do not boil). Gradually add milk mixture to egg mixture, stirring constantly with a whisk. Return milk mixture to pan; cook over medium heat until thick (about 5 minutes), stirring constantly.
- Remove from heat.
- Place pan in a large ice-filled bowl until mixture cools to room temperature (about 25 minutes), stirring occasionally.
- Remove vanilla bean.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.
- To prepare the sauce, place 1/3 cup sugar in a small, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring as needed to dissolve sugar evenly (about 6 minutes). Continue cooking about 1 minute or until golden.

- Remove from heat; carefully stir in water (caramelized sugar will seize slightly and stick to spoon).
- Place pan over medium-high heat until caramelized sugar melts. Scrape seeds from vanilla bean; add seeds and bean to mixture. Cook 2 minutes or until reduced to 6 tablespoons, stirring occasionally.
- Remove from heat, and let stand 10 minutes. Discard vanilla bean.
- Place 1/4 cup yogurt cheese into each of 6 bowls; top with 1 tablespoon sauce and 1/2 cup ice cream.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.7, Glycemic Load:14.3, Inflammation Score:-3, Nutrition Score:10.856956611509%

Nutrients (% of daily need)

Calories: 318.32kcal (15.92%), Fat: 10.39g (15.99%), Saturated Fat: 5.59g (34.96%), Carbohydrates: 44.25g (14.75%), Net Carbohydrates: 44.25g (16.09%), Sugar: 43.99g (48.87%), Cholesterol: 119.56mg (39.85%), Sodium: 176.53mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.4%), Calcium: 366.51mg (36.65%), Phosphorus: 333.01mg (33.3%), Vitamin B2: 0.56mg (32.72%), Selenium: 17.26µg (24.66%), Vitamin B12: 1.32µg (22%), Vitamin B5: 1.49mg (14.86%), Potassium: 480.25mg (13.72%), Zinc: 1.91mg (12.7%), Magnesium: 36.3mg (9.08%), Vitamin A: 408.67IU (8.17%), Vitamin B6: 0.16mg (7.78%), Folate: 29.59µg (7.4%), Vitamin B1: 0.11mg (7.23%), Vitamin D: 0.95µg (6.32%), Iron: 0.57mg (3.18%), Vitamin E: 0.41mg (2.76%), Copper: 0.05mg (2.31%), Vitamin C: 1.57mg (1.91%), Vitamin B3: 0.27mg (1.34%)