

# Eggnog Flan

 Gluten Free

READY IN



230 min.

SERVINGS



8

CALORIES



373 kcal

DESSERT

## Ingredients

- ☐ 1 cup sugar
- ☐ 0.5 cup water
- ☐ 3 cups eggnog
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 3 eggs
- ☐ 2 tablespoons rum dark
- ☐ 1 teaspoon nutmeg freshly grated

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ cake form
- ☐ spatula
- ☐ broiler pan

## Directions

- ☐ Spread sugar evenly over bottom of 2-quart saucepan. Cook over medium heat, stirring constantly, until sugar melts and turns light caramel color. Carefully add water, stirring until blended.
- ☐ Pour into ungreased 9-inch round cake pan. Tilt pan to evenly coat bottom; set aside to harden, about 30 minutes.
- ☐ Heat oven to 325°F. In large bowl, beat eggnog, condensed milk, eggs, rum and nutmeg with wire whisk until smooth.
- ☐ Pour over sugar mixture in pan.
- ☐ Place cake pan in broiler pan.
- ☐ Pour 1 inch of hot water into broiler pan.
- ☐ Bake 45 minutes to 1 hour or until almost set and knife inserted in center comes out clean. Cool on cooling rack 1 hour. Refrigerate 1 hour. Run small metal spatula around edges of pan to loosen.
- ☐ Place 12-inch round serving plate with raised sides upside down over pan; turn plate and pan over.
- ☐ Remove pan.
- ☐ Garnish with fresh mint sprigs and cranberries.

## Nutrition Facts



**PROTEIN 11.16%** **FAT 24.37%** **CARBS 64.47%**

## Properties

Glycemic Index:33.89, Glycemic Load:38.18, Inflammation Score:-3, Nutrition Score:8.8034782286571%

## Nutrients (% of daily need)

Calories: 372.89kcal (18.64%), Fat: 10.05g (15.46%), Saturated Fat: 5.77g (36.07%), Carbohydrates: 59.8g (19.93%), Net Carbohydrates: 59.75g (21.73%), Sugar: 59.74g (66.38%), Cholesterol: 134.45mg (44.82%), Sodium: 138.94mg (6.04%), Alcohol: 1.25g (100%), Alcohol %: 0.77% (100%), Protein: 10.35g (20.7%), Vitamin B2: 0.47mg (27.52%), Calcium: 275.12mg (27.51%), Phosphorus: 262.69mg (26.27%), Selenium: 16.56µg (23.66%), Vitamin B12: 0.79µg (13.23%), Vitamin D: 1.57µg (10.48%), Potassium: 365.44mg (10.44%), Vitamin B5: 1.02mg (10.22%), Magnesium: 33.58mg (8.4%), Vitamin A: 418.03IU (8.36%), Zinc: 1.13mg (7.52%), Vitamin B1: 0.08mg (5.65%), Vitamin B6: 0.1mg (5.07%), Folate: 14.35µg (3.59%), Iron: 0.6mg (3.31%), Vitamin C: 2.73mg (3.3%), Vitamin E: 0.45mg (3.02%), Copper: 0.04mg (1.96%), Vitamin B3: 0.22mg (1.1%), Manganese: 0.02mg (1.06%)