



Fifteenth Birthday Flan

 Vegetarian  Gluten Free

READY IN



325 min.

SERVINGS



12

CALORIES



182 kcal

DESSERT

Ingredients

- 2 cups coconut milk
- 6 eggs
- 1 cup evaporated milk
- 0.1 cup red wine
- 0.5 cup sugar
- 2 teaspoons vanilla extract
- 1 cup milk whole

Equipment

- bowl
- sauce pan
- oven
- whisk
- pot
- ramekin
- double boiler
- roasting pan
- butter knife

Directions

- Preheat oven to 325 degrees F.
- Have a tray of ice water ready into which you will be able to immerse the bottoms of the custard cups. To a medium heavy-bottomed saucepan add sugar and evenly pour the red wine over the top. Without disturbing the contents, heat the saucepan over medium heat. Do not stir. Swirl the pot gently until the sugar dissolves, but do not let the syrup boil UNTIL you see that the sugar has dissolved, that is, when the syrup is clear and you don't see any cloudiness or sugar crystals. You may have to remove the pot from the heat periodically to keep it from boiling before the sugar dissolves. When the sugar is entirely dissolved, cover the pot, increase the heat to high and boil for 2 minutes.
- Remove the lid and cook until you see that the syrup is beginning to darken. Avoid stirring as this will leave crystallized streaks in the syrup. When it is a deep amber remove the pot to the bowl of ice water you have standing by. Working quickly, immediately spoon a teaspoon of the caramel into each custard cup and swirl to coat the interior with a thin layer of caramel.
- Place each in the tray of ice water.
- Pour the coconut milk, evaporated milk, and milk into a saucepan and add the vanilla. Over medium low heat slowly bring to a boil, then remove from heat and let cool to room temperature. In a large bowl, whisk together the egg yolks and gradually add 1/2 cup of the sugar whipping until you see a change in color. Slowly incorporate the cream mixture into the egg yolk mixture a little at a time, whisking constantly as you go.
- Pour the custard into the caramel coated custard cups and place them in a roasting pan. Prepare a bain marie by adding hot water to the pan so that the water level is halfway up the side of the ramekins. Be careful to avoid splashing any water into the ramekins.

Bake in the oven until a butter knife inserted in the center comes out clean, about 40 to 45 minutes, allow to cool and then refrigerate for at least 4 hours before serving. Just before serving remove from the refrigerator and allow to warm up a little. Then invert each custard from the mold onto a chilled dessert dish.

Nutrition Facts

PROTEIN 12.18% **FAT 60.3%** **CARBS 27.52%**

Properties

Glycemic Index:18.34, Glycemic Load:7.21, Inflammation Score:-2, Nutrition Score:5.6556521991025%

Flavonoids

Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.35mg, Malvidin: 0.35mg, Malvidin: 0.35mg, Malvidin: 0.35mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 182.34kcal (9.12%), Fat: 12.39g (19.06%), Saturated Fat: 9.16g (57.22%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 12.72g (4.63%), Sugar: 11.58g (12.87%), Cholesterol: 90.37mg (30.12%), Sodium: 66.37mg (2.89%), Alcohol: 0.49g (100%), Alcohol %: 0.56% (100%), Protein: 5.63g (11.26%), Manganese: 0.3mg (15.13%), Phosphorus: 143.5mg (14.35%), Vitamin B2: 0.2mg (11.64%), Selenium: 7.68µg (10.97%), Calcium: 99.28mg (9.93%), Iron: 1.68mg (9.36%), Magnesium: 27.83mg (6.96%), Vitamin B5: 0.61mg (6.06%), Potassium: 211.68mg (6.05%), Vitamin B12: 0.34µg (5.65%), Copper: 0.1mg (5.24%), Zinc: 0.74mg (4.97%), Vitamin D: 0.68µg (4.56%), Folate: 17.32µg (4.33%), Vitamin A: 201.98IU (4.04%), Vitamin B6: 0.07mg (3.62%), Vitamin B1: 0.04mg (2.57%), Vitamin E: 0.27mg (1.83%), Vitamin B3: 0.33mg (1.63%)