

Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



198 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar
- 8 eggs lightly beaten
- 24 ounces evaporated milk canned
- 0.3 teaspoon salt
- 0.7 cup sugar
- 2 teaspoons vanilla

Equipment

- bowl

- oven
- knife
- baking pan

Directions

- In a large bowl, combine the eggs, sugar and salt. Stir in milk and vanilla. Sift brown sugar into eight 5-oz. custard cups or a 1-1/2-qt. baking dish.
- Pour custard mixture over sugar.
- Place in shallow baking pan of hot water.
- Bake at 325° for 30-40 minutes or until knife inserted near center comes out clean. Chill overnight.
- Sprinkle with additional brown sugar before serving or unmold to serve.

Nutrition Facts

 **PROTEIN 15.25%**  **FAT 32.25%**  **CARBS 52.5%**

Properties

Glycemic Index:5.84, Glycemic Load:7.76, Inflammation Score:-2, Nutrition Score:5.7317391128644%

Nutrients (% of daily need)

Calories: 198.02kcal (9.9%), Fat: 7.11g (10.94%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 26.05g (9.47%), Sugar: 25.87g (28.74%), Cholesterol: 125.56mg (41.85%), Sodium: 152.94mg (6.65%), Alcohol: 0.23g (100%), Alcohol %: 0.27% (100%), Protein: 7.57g (15.14%), Vitamin B2: 0.32mg (18.59%), Phosphorus: 173.59mg (17.36%), Calcium: 172.23mg (17.22%), Selenium: 10.49µg (14.98%), Vitamin B5: 0.82mg (8.24%), Potassium: 225.69mg (6.45%), Vitamin A: 293.91IU (5.88%), Vitamin B12: 0.35µg (5.86%), Zinc: 0.82mg (5.46%), Folate: 18.41µg (4.6%), Magnesium: 18.03mg (4.51%), Vitamin D: 0.64µg (4.29%), Vitamin B6: 0.08mg (4.11%), Iron: 0.69mg (3.85%), Vitamin E: 0.4mg (2.66%), Vitamin B1: 0.04mg (2.56%), Copper: 0.04mg (1.79%), Vitamin C: 1.08mg (1.31%)