



# Flan

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



169 kcal

DESSERT

## Ingredients

- ☐ 0.8 cup egg substitute
- ☐ 24 ounce evaporated skimmed milk canned
- ☐ 1.3 cups sugar divided
- ☐ 0.8 teaspoon vanilla extract

## Equipment

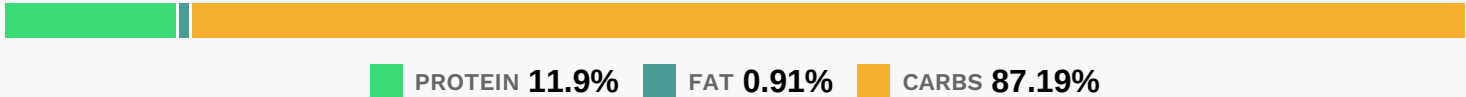
- ☐ frying pan
- ☐ oven
- ☐ knife

- ☐ wire rack
- ☐ cake form
- ☐ spatula

## Directions

- ☐ Place 1 cup sugar in a large heavy skillet over medium heat; cook 5 minutes or until sugar dissolves (do not stir). Continue cooking until golden, and stir well. Immediately pour into a 9-inch round cake pan, tipping quickly until sugar coats bottom of cake pan, and set aside.
- ☐ Combine remaining 1/3 cup sugar, egg substitute, vanilla, and milk; stir well.
- ☐ Pour into prepared cake pan; place in a large, shallow pan.
- ☐ Add hot water to pan to a depth of 1 inch.
- ☐ Bake at 350 for 1 hour or until a knife inserted near center comes out clean.
- ☐ Remove cake pan from water; let cool 1 hour on a wire rack. Cover and chill 4 hours.
- ☐ To serve, loosen edges of flan with a knife or rubber spatula.
- ☐ Place a serving plate, upside down, on top of cake pan; invert flan onto plate.
- ☐ Drizzle any remaining syrup over flan.

## Nutrition Facts



## Properties

Glycemic Index:12.92, Glycemic Load:24.65, Inflammation Score:-2, Nutrition Score:4.8186957016587%

## Nutrients (% of daily need)

Calories: 169.13kcal (8.46%), Fat: 0.17g (0.27%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 37.86g (13.77%), Sugar: 38.06g (42.29%), Cholesterol: 2.55mg (0.85%), Sodium: 80.01mg (3.48%), Alcohol: 0.13g (100%), Alcohol %: 0.12% (100%), Protein: 5.17g (10.33%), Selenium: 11.19µg (15.99%), Calcium: 129.06mg (12.91%), Vitamin B2: 0.2mg (12.06%), Phosphorus: 107.22mg (10.72%), Vitamin B12: 0.57µg (9.5%), Vitamin D: 1.3µg (8.64%), Vitamin B5: 0.68mg (6.77%), Potassium: 191.18mg (5.46%), Vitamin B1: 0.07mg (4.98%), Vitamin A: 224.12IU (4.48%), Zinc: 0.61mg (4.05%), Vitamin B6: 0.08mg (3.97%), Magnesium: 13.63mg (3.41%), Iron: 0.46mg (2.57%), Vitamin E: 0.36mg (2.38%), Folate: 5.3µg (1.33%)