



# Flan

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



328 kcal

DESSERT

## Ingredients

- 0.5 cup sugar
- 3 eggs slightly beaten
- 0.3 cup sugar
- 2 teaspoons vanilla
- 0.1 teaspoon salt
- 12 ounces evaporated milk canned

## Equipment

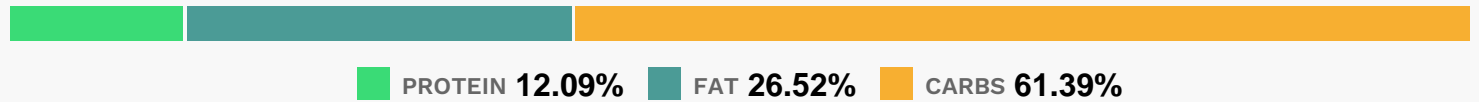
- frying pan

- sauce pan
- oven
- knife

## Directions

- Heat oven to 350°F.
- Heat 1/2 cup sugar in heavy 1-quart saucepan over low heat, stirring constantly, until melted and golden brown. Divide sugar syrup among four 6-ounce custard cups; tilt cups to coat bottoms. Allow syrup to harden in cups about 5 minutes.
- Mix remaining ingredients; pour into custard cups.
- Place cups in square pan, 9x9x2 inches, on oven rack.
- Pour very hot water into pan to within 1/2 inch of tops of cups.
- Bake 40 to 50 minutes or until knife inserted halfway between center and edge comes out clean. Immediately remove from water. Unmold and serve warm, or refrigerate up to 8 hours and unmold at serving time.

## Nutrition Facts



## Properties

Glycemic Index:35.05, Glycemic Load:29.09, Inflammation Score:-2, Nutrition Score:7.4539130796557%

## Nutrients (% of daily need)

Calories: 328.18kcal (16.41%), Fat: 9.7g (14.93%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 50.53g (16.84%), Net Carbohydrates: 50.53g (18.37%), Sugar: 50.5g (56.11%), Cholesterol: 147.42mg (49.14%), Sodium: 210.28mg (9.14%), Alcohol: 0.69g (100%), Alcohol %: 0.54% (100%), Protein: 9.95g (19.9%), Vitamin B2: 0.43mg (25.26%), Calcium: 241.14mg (24.11%), Phosphorus: 238.11mg (23.81%), Selenium: 12.34µg (17.62%), Vitamin B5: 1.05mg (10.49%), Potassium: 307.05mg (8.77%), Vitamin A: 381.47IU (7.63%), Zinc: 1.09mg (7.25%), Vitamin B12: 0.43µg (7.16%), Magnesium: 24.61mg (6.15%), Folate: 22.31µg (5.58%), Vitamin D: 0.75µg (4.97%), Vitamin B6: 0.1mg (4.96%), Iron: 0.76mg (4.24%), Vitamin B1: 0.05mg (3.56%), Vitamin E: 0.48mg (3.22%), Copper: 0.04mg (2.09%), Vitamin C: 1.62mg (1.96%), Manganese: 0.02mg (1.04%)