

Flan Mexicano (Mexican Flan)



Vegetarian



Gluten Free



Popular

READY IN



365 min.

SERVINGS



8

CALORIES



433 kcal

DESSERT

Ingredients



1 tablespoon cornstarch



3 egg yolks



3 eggs



1 cup heavy cream



0.3 cup orange juice freshly squeezed



1 tablespoon orange peel grated



14 ounce condensed milk sweetened canned



1 tablespoon vanilla extract

☐ 1 cup sugar white

☐ 1 cup milk whole

Equipment

☐ sauce pan

☐ oven

☐ knife

☐ blender

☐ baking pan

☐ roasting pan

☐ kitchen towels

Directions

☐ Place sugar in a heavy saucepan over medium-high heat, and cook, stirring constantly, until the sugar melts and turns a golden amber color, about 10 minutes. Watch carefully once syrup begins to change color, because it burns easily. Carefully pour the melted sugar syrup into a flan mold.

☐ Let cool.

☐ Preheat oven to 350 degrees F (175 degrees C).

☐ Pour whole milk, sweetened condensed milk, eggs, egg yolks, orange juice, orange peel, vanilla extract, and cornstarch into a blender, and blend for a minute or so, until the mixture is smooth.

☐ Pour in the cream, and pulse several times to incorporate the cream.

☐ Pour the mixture over the cooled caramel syrup in the flan mold.

☐ Line a roasting pan with a damp kitchen towel.

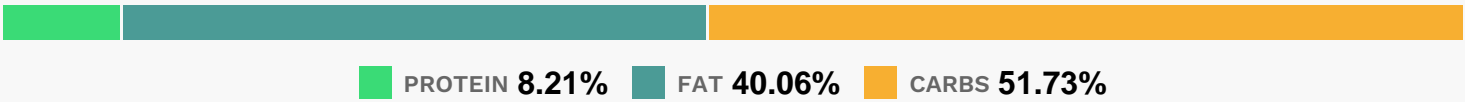
☐ Place the flan mold on the towel, inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with boiling water to reach halfway up the sides of the baking dish.

☐ Bake in the preheated oven until the center of the flan is set but still slightly jiggly when moved, 45 minutes to 1 hour.

☐ Let the flan cool, then refrigerate for at least 4 hours. To serve, run a sharp paring knife around the inside of the mold to release the flan. Invert a plate on the mold, flip the mold over, and

gently remove the mold to unmold the flan and reveal the syrupy caramel topping.

Nutrition Facts



Properties

Glycemic Index:27.64, Glycemic Load:34.87, Inflammation Score:-5, Nutrition Score:8.9826087264911%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 432.99kcal (21.65%), Fat: 19.49g (29.98%), Saturated Fat: 11.3g (70.61%), Carbohydrates: 56.63g (18.88%), Net Carbohydrates: 56.53g (20.56%), Sugar: 55.23g (61.37%), Cholesterol: 188.43mg (62.81%), Sodium: 109.89mg (4.78%), Alcohol: 0.56g (100%), Alcohol %: 0.42% (100%), Protein: 8.99g (17.98%), Selenium: 17.85µg (25.5%), Vitamin B2: 0.42mg (24.98%), Phosphorus: 234.27mg (23.43%), Calcium: 218.5mg (21.85%), Vitamin A: 824.28IU (16.49%), Vitamin B12: 0.71µg (11.82%), Vitamin D: 1.61µg (10.7%), Vitamin B5: 1.04mg (10.35%), Potassium: 308.22mg (8.81%), Vitamin C: 6.36mg (7.71%), Zinc: 1.04mg (6.94%), Folate: 26.81µg (6.7%), Vitamin B1: 0.09mg (6.28%), Magnesium: 22.2mg (5.55%), Vitamin B6: 0.11mg (5.54%), Vitamin E: 0.72mg (4.8%), Iron: 0.64mg (3.54%), Copper: 0.04mg (1.78%), Vitamin K: 1.45µg (1.38%), Vitamin B3: 0.21mg (1.07%)