



Flans with Marsala and Caramel Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



523 kcal

DESSERT

Ingredients

- ☐ 1 cup mrs richardson's butterscotch caramel sauce
- ☐ 2 large egg yolk
- ☐ 3 large eggs
- ☐ 1 teaspoon lemon zest grated
- ☐ 5 tablespoons plum brandy sweet
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipping cream

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Arrange six 3/4-cup custard cups or ramekins in 13x9x2-inch baking pan.
- ☐ Combine cream, sugar, 2 tablespoons Marsala, and lemon peel in heavy medium saucepan. Stir over medium heat just until sugar dissolves (cream will be only lukewarm).
- ☐ Remove from heat.
- ☐ Whisk eggs and yolks in medium bowl until well blended.
- ☐ Whisk in cream mixture, then vanilla.
- ☐ Pour custard into cups, dividing equally.
- ☐ Pour enough hot water into baking pan to come halfway up sides of custard cups.
- ☐ Bake flans until softly set in center, about 35 minutes.
- ☐ Remove flans from water bath and refrigerate uncovered until very cold and firm, at least 3 hours and up to 1 day.
- ☐ Using knife, cut around flans in cups to loosen. Invert onto plates, shaking to dislodge if necessary. Stir caramel sauce in small saucepan over medium heat until warm, about 2 minutes.
- ☐ Whisk in remaining 3 tablespoons Marsala.
- ☐ Serve flans with caramel sauce.

Nutrition Facts



 **PROTEIN 5.18%**  **FAT 55.99%**  **CARBS 38.83%**

Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-6, Nutrition Score:7.1717391020578%

Flavonoids

Petunidin: 0.83mg, Petunidin: 0.83mg, Petunidin: 0.83mg, Petunidin: 0.83mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 11.85mg, Malvidin: 11.85mg, Malvidin: 11.85mg, Malvidin: 11.85mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 523.42kcal (26.17%), Fat: 32.6g (50.15%), Saturated Fat: 19.57g (122.32%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 50.82g (18.48%), Sugar: 49.93g (55.48%), Cholesterol: 243.85mg (81.28%), Sodium: 189.54mg (8.24%), Alcohol: 2.14g (100%), Alcohol %: 1.46% (100%), Protein: 6.79g (13.58%), Vitamin A: 1416.98IU (28.34%), Selenium: 13.93µg (19.9%), Vitamin B2: 0.3mg (17.72%), Vitamin D: 2.08µg (13.84%), Phosphorus: 133.51mg (13.35%), Calcium: 93.9mg (9.39%), Vitamin B12: 0.53µg (8.8%), Vitamin B5: 0.82mg (8.2%), Vitamin E: 1.16mg (7.72%), Folate: 23.99µg (6%), Vitamin B6: 0.09mg (4.54%), Potassium: 154.42mg (4.41%), Zinc: 0.66mg (4.37%), Iron: 0.72mg (3.99%), Magnesium: 11.98mg (2.99%), Vitamin B1: 0.04mg (2.56%), Vitamin K: 2.65µg (2.53%), Manganese: 0.05mg (2.36%), Copper: 0.04mg (1.96%), Vitamin C: 1.09mg (1.33%)