



How to Make Coconut Flan

 Vegetarian  Gluten Free

READY IN



210 min.

SERVINGS



6

CALORIES



513 kcal

DESSERT

Ingredients

- 1 cup coconut milk
- 3 eggs
- 12 fluid ounce evaporated milk canned
- 14 ounce condensed milk sweetened canned
- 0.5 teaspoon vanilla extract
- 0.8 cup sugar white
- 0.8 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- ramekin
- casserole dish
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 6 (4-ounce) ramekins.
- Slowly melt sugar in a large skillet over low heat, stirring constantly, until browned but not scorched, about 8 minutes. Divide caramel equally among the ramekins and allow to cool.
- Combine whole milk, coconut milk, evaporated milk, sweetened condensed milk, and vanilla extract in a saucepan over low heat. Stir continuously until it begins to steam, about 5 minutes.
- Whisk 3 eggs together in a bowl; slowly pour beaten eggs into the warm milk mixture, whisking constantly until the custard is combined.
- Place ramekins in a casserole dish and fill with boiling water to reach halfway up the sides of the ramekins. Divide custard evenly among ramekins, over the caramel sauce, about 1/2 inch from the top. Cover casserole dish tightly with foil.
- Bake in the preheated oven until the custard is set, about 1 hour. A knife gently inserted into the center of a flan should come out clean.
- Remove ramekins from the water bath and allow to cool to room temperature. Refrigerate for 2 to 3 hours before serving to chill completely. Run the tip of a paring knife around the edges to release the flan.
- Place a plate over the top of the ramekin and flip to release the flan onto the plate, caramel side up.

Nutrition Facts



■ PROTEIN 10.49% ■ FAT 36.64% ■ CARBS 52.87%

Properties

Glycemic Index:44.35, Glycemic Load:40.97, Inflammation Score:-4, Nutrition Score:12.618260834528%

Nutrients (% of daily need)

Calories: 513.35kcal (25.67%), Fat: 21.41g (32.94%), Saturated Fat: 14.73g (92.05%), Carbohydrates: 69.51g (23.17%), Net Carbohydrates: 69.51g (25.27%), Sugar: 68.46g (76.07%), Cholesterol: 125.14mg (41.71%), Sodium: 194.7mg (8.47%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 13.79g (27.59%), Calcium: 399.12mg (39.91%), Phosphorus: 397.96mg (39.8%), Vitamin B2: 0.61mg (35.87%), Selenium: 18.63µg (26.62%), Potassium: 584.58mg (16.7%), Manganese: 0.31mg (15.3%), Vitamin B5: 1.38mg (13.82%), Magnesium: 55.06mg (13.76%), Vitamin B12: 0.75µg (12.44%), Zinc: 1.7mg (11.33%), Iron: 1.88mg (10.44%), Vitamin A: 486.17IU (9.72%), Vitamin B1: 0.12mg (8.1%), Folate: 27.62µg (6.91%), Vitamin B6: 0.13mg (6.5%), Vitamin D: 0.97µg (6.45%), Copper: 0.12mg (6.08%), Vitamin C: 3.22mg (3.9%), Vitamin E: 0.45mg (2.98%), Vitamin B3: 0.54mg (2.72%)