



Individual Amaretto Flans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



283 kcal

DESSERT

Ingredients

- 0.3 cup amaretto (almond-flavored liqueur)
- 2 large egg yolks
- 3 large eggs
- 0.1 teaspoon salt
- 0.5 cup sugar
- 0.7 cup sugar
- 2 tablespoons water
- 2 cups milk whole

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- sieve
- ramekin
- broiler pan

Directions

- Preheat oven to 325
- Combine 1/2 cup sugar and 2 tablespoons water in a small, heavy saucepan. Cook over medium-high heat until the sugar dissolves, and continue cooking 5 minutes or until golden brown (do not stir). Immediately pour into 6 (6-ounce) custard cups or ramekins coated with cooking spray, tipping quickly until caramelized sugar coats bottoms of cups.
- Combine 2/3 cup sugar, salt, eggs, and egg yolks in a medium bowl, stirring well with a whisk.
- Heat milk over medium-high heat in a small, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil). Gradually add hot milk to egg mixture, stirring with a whisk. Stir in liqueur. Strain mixture through a sieve into a bowl, and discard solids. Divide mixture evenly among prepared custard cups.
- Place cups in the bottom of a broiler pan; add hot water to pan to a depth of 1 inch.
- Bake at 325 for 40 minutes or until flan centers barely move when custard cups are touched.
- Remove cups from pan; cool completely on a wire rack. Cover and chill at least 8 hours.
- Loosen edges of flans with a knife.
- Place a dessert plate, upside down, on top of each cup, and invert onto plates.

Nutrition Facts

PROTEIN 9.93% FAT 22.04% CARBS 68.03%

Properties

Glycemic Index:29.7, Glycemic Load:28.59, Inflammation Score:-2, Nutrition Score:6.0508695801963%

Nutrients (% of daily need)

Calories: 282.81kcal (14.14%), Fat: 6.64g (10.21%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 46.08g (15.36%), Net Carbohydrates: 46.08g (16.76%), Sugar: 46.01g (51.13%), Cholesterol: 163.96mg (54.65%), Sodium: 119mg (5.17%), Alcohol: 2.56g (100%), Alcohol %: 1.95% (100%), Protein: 6.73g (13.46%), Selenium: 12.66µg (18.08%), Vitamin B2: 0.26mg (15.59%), Phosphorus: 154.34mg (15.43%), Vitamin B12: 0.77µg (12.87%), Calcium: 122.02mg (12.2%), Vitamin D: 1.7µg (11.34%), Vitamin B5: 0.86mg (8.56%), Vitamin A: 348.47IU (6.97%), Vitamin B6: 0.11mg (5.6%), Zinc: 0.79mg (5.29%), Folate: 20.02µg (5.01%), Potassium: 166.41mg (4.75%), Vitamin B1: 0.07mg (4.39%), Iron: 0.62mg (3.43%), Magnesium: 13.39mg (3.35%), Vitamin E: 0.45mg (3%), Copper: 0.03mg (1.53%)