



Individual Anise-Orange Flans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon aniseed
- ☐ 3 large eggs
- ☐ 1 cup milk 1% low-fat
- ☐ 1 teaspoon orange rind grated
- ☐ 1 Dash salt
- ☐ 0.5 cup sugar
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 1 teaspoon vanilla extract

☐ 1 tablespoon water

Equipment

☐ frying pan

☐ sauce pan

☐ oven

☐ knife

☐ whisk

☐ wire rack

☐ blender

☐ ramekin

☐ baking pan

☐ spatula

Directions

☐ Preheat oven to 350

☐ Combine sugar and water in a small, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring frequently. Continue cooking until golden (about 3 minutes), stirring occasionally. Immediately pour into 6 (6-ounce) ramekins or custard cups coated with cooking spray, tipping quickly until caramelized sugar coats bottom of cups.

☐ Place aniseed in a clean coffee grinder or blender; process until finely ground.

☐ Combine aniseed and remaining ingredients, stirring well with a whisk.

☐ Pour into prepared ramekins.

☐ Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.

☐ Bake at 350 for 30 minutes or until a knife inserted in the center comes out clean.

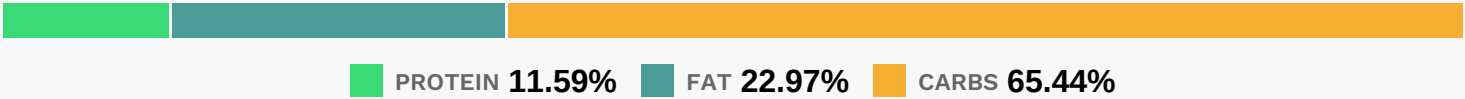
☐ Remove cups from pan; cool completely on a wire rack. Cover and chill at least 4 hours to overnight.

☐ Loosen edges of custards with a knife or rubber spatula.

☐ Place a dessert plate, upside down, on top of each cup; invert onto plates.

☐ Drizzle any remaining caramelized syrup over custards.

Nutrition Facts



Properties

Glycemic Index:22.68, Glycemic Load:33.59, Inflammation Score:-3, Nutrition Score:8.4639130850201%

Nutrients (% of daily need)

Calories: 331.97kcal (16.6%), Fat: 8.59g (13.21%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 55.06g (18.35%), Net Carbohydrates: 55g (20%), Sugar: 54.75g (60.83%), Cholesterol: 117.46mg (39.15%), Sodium: 141.7mg (6.16%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 9.75g (19.49%), Vitamin B2: 0.45mg (26.42%), Selenium: 18.4µg (26.29%), Phosphorus: 258.21mg (25.82%), Calcium: 253.36mg (25.34%), Vitamin B12: 0.75µg (12.56%), Vitamin B5: 1.02mg (10.25%), Potassium: 346.88mg (9.91%), Vitamin A: 390.63IU (7.81%), Zinc: 1.13mg (7.51%), Vitamin D: 1.07µg (7.1%), Magnesium: 25.38mg (6.35%), Vitamin B1: 0.09mg (6.2%), Vitamin B6: 0.1mg (5.08%), Folate: 19.93µg (4.98%), Iron: 0.64mg (3.54%), Vitamin C: 2.21mg (2.68%), Vitamin E: 0.38mg (2.51%), Copper: 0.03mg (1.61%), Vitamin B3: 0.21mg (1.07%)