



## Lactose-Free Strawberry Flans

 Vegetarian  Gluten Free

READY IN



200 min.

SERVINGS



8

CALORIES



198 kcal

DESSERT

### Ingredients

- 1 cup sugar
- 4 eggs
- 1.5 cups soymilk
- 12 oz strawberry yogurt yoplait®
- 1 slices strawberries fresh

### Equipment

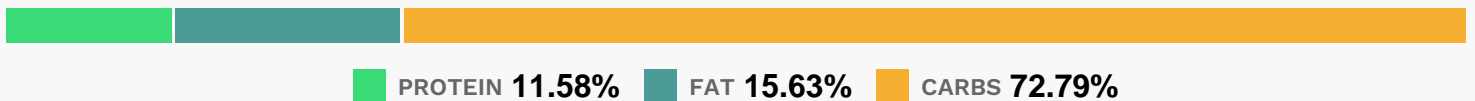
- bowl
- frying pan

- oven
- knife
- whisk
- wire rack

## Directions

- Heat oven to 350°F. In 10-inch skillet, cook sugar over medium-high heat, stirring frequently, until melted and light caramel color.
- Pour into 8 (6-oz) custard cups.
- Place on cooling rack to cool.
- Meanwhile, in medium bowl, beat eggs with whisk until well blended. Stir in soymilk and yogurt.
- Pour over sugar mixture in custard cups.
- Place in two 13x9-inch pans. Carefully pour very hot water into each pan until halfway up sides of custard cups.
- Bake 50 to 60 minutes or until knife inserted in center comes out clean. Carefully remove cups from water. Cool 30 minutes. Cover and refrigerate 2 to 3 hours. To unmold, run knife around edge of custard cup to loosen; turn upside down onto serving plate. Top with strawberries.

## Nutrition Facts



## Properties

Glycemic Index:17.94, Glycemic Load:18.38, Inflammation Score:-3, Nutrition Score:6.8969564697017%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 5.16mg, Pelargonidin: 5.16mg, Pelargonidin: 5.16mg, Pelargonidin: 5.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-

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## Nutrients (% of daily need)

Calories: 197.64kcal (9.88%), Fat: 3.5g (5.38%), Saturated Fat: 1g (6.22%), Carbohydrates: 36.64g (12.21%), Net  
Carbohydrates: 35.92g (13.06%), Sugar: 34.48g (38.31%), Cholesterol: 85.67mg (28.56%), Sodium: 77.21mg (3.36%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Vitamin C: 15.39mg (18.65%), Vitamin B2:  
0.27mg (16.14%), Vitamin B12: 0.89µg (14.91%), Calcium: 123.77mg (12.38%), Selenium: 8µg (11.44%), Vitamin E:  
1.41mg (9.38%), Phosphorus: 81.71mg (8.17%), Vitamin B3: 1.55mg (7.77%), Vitamin B6: 0.15mg (7.51%), Folate:  
29.48µg (7.37%), Vitamin D: 0.97µg (6.47%), Vitamin A: 308.38IU (6.17%), Potassium: 200.27mg (5.72%),  
Manganese: 0.09mg (4.36%), Iron: 0.75mg (4.19%), Copper: 0.08mg (4.1%), Vitamin B5: 0.36mg (3.63%), Fiber:  
0.72g (2.88%), Zinc: 0.42mg (2.81%), Vitamin B1: 0.04mg (2.75%), Magnesium: 5.34mg (1.33%)