



Latte Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

DESSERT

Ingredients

- 2 large egg whites
- 2 large eggs
- 2 tablespoons espresso or instant
- 3 tablespoons kahlua (coffee-flavored liqueur)
- 3 cups milk 2% reduced-fat
- 0.8 cup sugar divided
- 0.3 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- baking pan
- spatula

Directions

- Preheat oven to 350
- Combine 1/2 cup sugar and water in a small, heavy saucepan, and cook over medium-high heat until sugar dissolves, stirring frequently. Continue cooking 10 minutes or until golden, stirring constantly. Immediately pour into 6 (6-ounce) custard cups coated with cooking spray, tipping quickly until caramelized sugar coats bottom of cups.
- Combine milk and espresso in a medium saucepan over medium heat; cook 5 minutes or until espresso dissolves (do not boil).
- Remove from heat; stir in 1/4 cup sugar and Kahlua.
- Combine eggs and egg whites in a large bowl; stir well with a whisk. Gradually add hot milk mixture to egg mixture, stirring constantly. Divide mixture evenly among prepared custard cups.
- Place cups in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- Bake at 350 for 50 minutes or until a knife inserted in center comes out clean.
- Remove cups from pan; cool completely on a wire rack. Cover and chill at least 8 hours.
- Loosen edges of custards with a knife or rubber spatula.
- Place a dessert plate, upside down, on top of each cup, and invert custards onto plates.
- Drizzle any remaining caramelized syrup over custards.

Nutrition Facts



■ PROTEIN 14.22% ■ FAT 17.51% ■ CARBS 68.27%

Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-2, Nutrition Score:5.7739130763904%

Nutrients (% of daily need)

Calories: 216.41kcal (10.82%), Fat: 4.05g (6.23%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 35.53g (12.92%), Sugar: 34.57g (38.41%), Cholesterol: 71.44mg (23.81%), Sodium: 99.35mg (4.32%), Alcohol: 1.63g (100%), Alcohol %: 1.09% (100%), Caffeine: 52.33mg (17.44%), Protein: 7.4g (14.81%), Vitamin B2: 0.35mg (20.51%), Calcium: 154.6mg (15.46%), Selenium: 10.63µg (15.18%), Phosphorus: 148.26mg (14.83%), Vitamin B12: 0.78µg (13.06%), Potassium: 265.63mg (7.59%), Vitamin B5: 0.7mg (6.98%), Magnesium: 21.74mg (5.43%), Zinc: 0.79mg (5.29%), Vitamin A: 210.36IU (4.21%), Vitamin B6: 0.07mg (3.71%), Vitamin B1: 0.05mg (3.55%), Folate: 14.17µg (3.54%), Vitamin B3: 0.6mg (3.01%), Manganese: 0.05mg (2.6%), Iron: 0.41mg (2.28%), Vitamin D: 0.33µg (2.22%), Vitamin E: 0.21mg (1.4%), Copper: 0.03mg (1.36%)