



WHATSheATE



Mango Flan (Flan de Mango)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



487 kcal

DESSERT

Ingredients



5 egg yolks



2 eggs



1 cup heavy cream



6 servings mangos fresh for garnish



3 mangoes ripe peeled cut into pieces



1 tablespoon sugar



14 oz condensed milk sweetened canned



0.3 teaspoon vanilla extract

☐ 0.3 cup water

Equipment

☐ oven

☐ knife

☐ pot

☐ blender

☐ ramekin

☐ roasting pan

Directions

☐ To prepare the caramel, put 1 cup of sugar in a small pot with ¼ cup of water. Bring to a boil over high heat. Stir once and reduce the heat to medium and cook about 5 minutes or until the syrup turns a caramel color. Immediately pour an equal amount of the caramel into each ramekin or any oven proof mold you want to use. Swirl each dish to coat the base with the caramel, work fast as the caramel will harden quickly as it cools.

☐ Place all the ramekins in a large roasting pan and set aside. Preheat the oven to 350° F. In a blender mix the mango chunks, heavy cream, eggs and egg yolks for 2 to 3 minutes or until smooth.

☐ Add the condensed milk, sugar and vanilla extract and mix for 1 more minute. Carefully pour an equal amount of the flan mixture into the caramelized ramekins in the roasting pan. Then add hot water to the roasting pan, not to the ramekins, until the water comes half way up the sides of the ramekins.

☐ Place the roasting pan in the oven and bake for 1 hour or until a knife inserted in the center of the flan comes out clean.

☐ Remove from the roasting pan and cool for at least 30 minutes. Then cover and refrigerate for at least 2 hours. To serve, carefully run a knife around the edge of the ramekin, cover with a serving plate, flip it over and gently remove the ramekin allowing the caramel run over the sides.

☐ Add some sliced fresh mango on top and serve.

Nutrition Facts



 **PROTEIN 9.16%**  **FAT 46.51%**  **CARBS 44.33%**

Properties

Glycemic Index:39.1, Glycemic Load:30.59, Inflammation Score:-8, Nutrition Score:16.265652241914%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 487.36kcal (24.37%), Fat: 25.85g (39.77%), Saturated Fat: 14.74g (92.14%), Carbohydrates: 55.44g (18.48%), Net Carbohydrates: 53.77g (19.55%), Sugar: 53.62g (59.57%), Cholesterol: 283.87mg (94.62%), Sodium: 124.32mg (5.41%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 11.45g (22.9%), Vitamin C: 40mg (48.48%), Vitamin A: 2185.91IU (43.72%), Selenium: 24.52µg (35.03%), Vitamin B2: 0.54mg (31.54%), Phosphorus: 292.54mg (29.25%), Calcium: 253.44mg (25.34%), Folate: 82.59µg (20.65%), Vitamin B5: 1.48mg (14.77%), Potassium: 495.53mg (14.16%), Vitamin E: 1.95mg (13.02%), Vitamin B12: 0.78µg (12.96%), Vitamin D: 1.87µg (12.47%), Vitamin B6: 0.25mg (12.47%), Zinc: 1.35mg (8.98%), Vitamin B1: 0.13mg (8.6%), Magnesium: 33.05mg (8.26%), Copper: 0.15mg (7.71%), Fiber: 1.67g (6.69%), Vitamin K: 6.2µg (5.91%), Iron: 1mg (5.56%), Vitamin B3: 0.88mg (4.39%), Manganese: 0.08mg (4.15%)