



Mango Flan on Chocolate

READY IN



185 min.

SERVINGS



6

CALORIES



2136 kcal

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 cup cocoa powder
- ☐ 4 cups percent fat whole
- ☐ 2 egg yolks
- ☐ 2 eggs
- ☐ 7 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup pear puree fresh pureed pitted peeled 1 small mango, , , and in a food processor
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup semi chocolate chips

- ☐ 1 cup sugar
- ☐ 3 cups sugar
- ☐ 6 tablespoons butter unsalted cold cut into pieces
- ☐ 0.5 vanilla pod split
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.5 cup water

Equipment

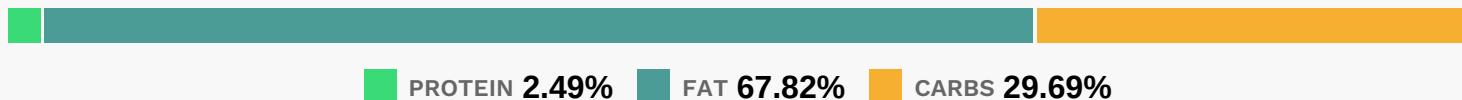
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ ramekin
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 300 degrees.
- ☐ Pour 2 cups sugar into the center of a deep saucepan. Carefully pour the water around the sugar, trying not to splash any sugar onto the sides of the pan. Do not stir; gently draw your finger through the center of the sugar twice, making a cross, to moisten it. Over medium-high heat, bring to a boil without stirring. Reduce the heat to a fast simmer and cook without stirring until amber-caramel in color, 10 to 20 minutes. Immediately remove from the heat. Meanwhile, set 6 (1-cup ramekins or shallow coffee cups nearby. When the caramel is cooked, quickly pour about 1/4 cup caramel into each ramekin and swirl to coat the sides. Set aside to cool.

- ☐ In a saucepan, bring the milk and vanilla bean to a boil over medium heat. Immediately turn off the heat and set aside to infuse. Meanwhile, in a large bowl, whisk together the eggs, additional egg yolks and the remaining 1 cup sugar.
- ☐ Whisk about 1/2 cup of the hot milk into the egg mixture.
- ☐ Whisk the remaining hot milk into the egg mixture.
- ☐ Whisk in the mango puree until smooth. Strain the mixture into a pitcher to smooth it and to remove the vanilla bean and mango fibers.
- ☐ Pour the mixture into the caramel-lined ramekins and arrange in a hot water bath.
- ☐ Bake in the center of the oven until dry and set in the center, 30 to 35 minutes.
- ☐ Remove from the water bath and let cool. Tightly cover each ramekin with plastic wrap. Refrigerate at least 2 hours, or refrigerate until ready to serve, up to 24 hours.
- ☐ To serve, place a brownie circle on each serving plate. Turn a flan out on top of the cake (you may need to dip the bottom of each ramekin in hot water to loosen the caramel, and/or run a knife around the edge of the ramekin). The caramel will pour out and serve as the sauce, and will also soak into the brownie.
- ☐ Preheat the oven to 350 degrees. Grease a 9 by 13-inch baking pan and line it with parchment or waxed paper, pressing into the corners. In a mixer fitted with a paddle attachment (or using a hand mixer), cream the butter until fluffy.
- ☐ Mix in the sugar.
- ☐ Mix in the eggs and vanilla and mix until light and fluffy. Sift together the flour, cocoa powder, baking soda and salt.
- ☐ Add to the butter mixture and mix just until combined.
- ☐ Mix in the chocolate chips.
- ☐ Pour into the prepared pan, smooth the top, and bake until the cake is firm in the center and the surface is dry and shiny, 15 minutes.
- ☐ Let cool in the pan. Run a knife around the edges of the pan and turn out the whole cake onto a work surface. Peel off the waxed paper. Using a ramekin as a guide, use a sharp knife to cut out 6 brownie circles the same size as the ramekins.

Nutrition Facts



Properties

Glycemic Index:59.82, Glycemic Load:103.22, Inflammation Score:-6, Nutrition Score:17.94000000539%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 5.01mg, Catechin: 5.01mg, Catechin: 5.01mg, Catechin: 5.01mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 2135.95kcal (106.8%), Fat: 163.34g (251.29%), Saturated Fat: 67.33g (420.82%), Carbohydrates: 160.86g (53.62%), Net Carbohydrates: 156.24g (56.82%), Sugar: 142.02g (157.8%), Cholesterol: 471.15mg (157.05%), Sodium: 218.61mg (9.5%), Alcohol: 0.23g (100%), Alcohol %: 0.07% (100%), Caffeine: 29.38mg (9.79%), Protein: 13.5g (27%), Selenium: 32.55µg (46.49%), Vitamin D: 5.27µg (35.14%), Manganese: 0.62mg (31.16%), Copper: 0.57mg (28.62%), Vitamin B2: 0.47mg (27.88%), Phosphorus: 272.58mg (27.26%), Iron: 4.11mg (22.84%), Vitamin A: 1030.2IU (20.6%), Folate: 80.22µg (20.06%), Magnesium: 76.55mg (19.14%), Fiber: 4.61g (18.46%), Vitamin E: 2.29mg (15.26%), Zinc: 2.18mg (14.55%), Vitamin B5: 1.38mg (13.8%), Vitamin B12: 0.76µg (12.59%), Vitamin B1: 0.18mg (11.78%), Potassium: 351.09mg (10.03%), Vitamin C: 7.74mg (9.38%), Vitamin B6: 0.18mg (8.98%), Calcium: 83.07mg (8.31%), Vitamin B3: 1.41mg (7.03%), Vitamin K: 3.42µg (3.26%)