



Mango Pudding (Flan de Mango)



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 6 eggs beaten
- ☐ 1 cup evaporated milk
- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups mangos pureed
- ☐ 1 tablespoon rum
- ☐ 1 pinch salt
- ☐ 14 ounce condensed milk sweetened canned

☐ 1 cup sugar white

Equipment

☐ frying pan

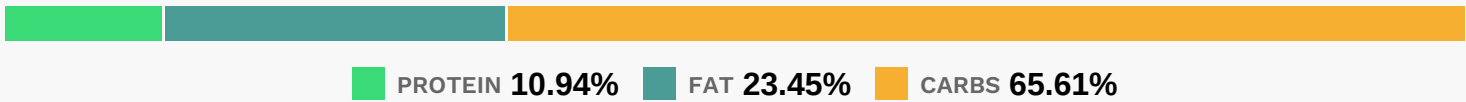
☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Fill a large, shallow baking pan with about 1 1/2 inches water.
- ☐ In an 8x13 inch aluminum baking pan over medium heat, mix the sugar and lemon juice. Cook and stir until caramelized.
- ☐ Remove from heat, and blend in mango, sweetened condensed milk, cornstarch, rum, evaporated milk, eggs, and salt.
- ☐ Set pan with the mango mixture into the pan with water.
- ☐ Place in the preheated oven, and bake 45 minutes, or until firm. Cool before turning out onto a platter.

Nutrition Facts



Properties

Glycemic Index:16.49, Glycemic Load:24.52, Inflammation Score:-4, Nutrition Score:7.0573913118114%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 254.89kcal (12.74%), Fat: 6.72g (10.34%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 41.83g (15.21%), Sugar: 40.61g (45.13%), Cholesterol: 99.18mg (33.06%), Sodium: 99.32mg (4.32%), Alcohol: 0.42g (100%), Alcohol %: 0.43% (100%), Protein: 7.05g (14.1%), Vitamin B2: 0.32mg (18.73%), Selenium: 12.44µg (17.77%), Phosphorus: 174.04mg (17.4%), Calcium: 164.36mg (16.44%), Vitamin C: 11.75mg (14.25%), Vitamin A: 554.92IU (11.1%), Vitamin B5: 0.78mg (7.75%), Potassium: 264.58mg (7.56%), Folate: 27.73µg (6.93%), Vitamin B12: 0.37µg (6.25%), Zinc: 0.78mg (5.23%), Vitamin B6: 0.1mg (4.9%), Magnesium: 19.14mg (4.79%), Vitamin E: 0.57mg (3.78%), Vitamin B1: 0.06mg (3.77%), Vitamin D: 0.53µg (3.51%), Iron: 0.55mg (3.04%), Copper: 0.06mg (2.85%), Fiber: 0.46g (1.82%), Vitamin B3: 0.31mg (1.56%), Vitamin K: 1.55µg (1.47%), Manganese: 0.03mg (1.42%)