

Maple Caramel Flan

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 cups milk 2% low-fat
- ☐ 1.5 cups maple syrup divided
- ☐ 1 teaspoon vanilla extract

Equipment

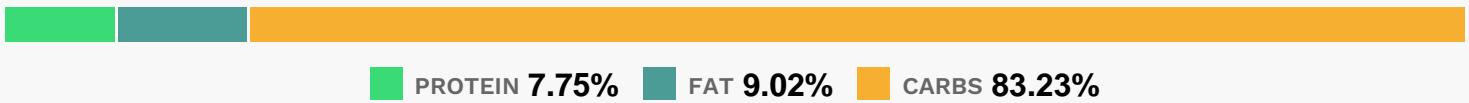
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Cook 1/2 cup maple syrup in a heavy saucepan over medium-high heat until syrup reaches hard ball stage (260).
- ☐ Pour immediately into 6 (6-ounce) custard cups coated with cooking spray; tip quickly to coat bottom of cups. Set aside.
- ☐ Place flour in a medium bowl; gradually add remaining 1 cup maple syrup, stirring with a wire whisk until blended.
- ☐ Add milk, vanilla, and eggs; beat at low speed of a mixer until well-blended.
- ☐ Pour evenly into prepared cups; place cups in a 13 x 9-inch baking pan.
- ☐ Add hot water to pan to a depth of 1 inch.
- ☐ Bake at 375 for 1 hour and 10 minutes or until a knife inserted in center comes out clean.
- ☐ Remove cups from water; let cool completely on a wire rack. Cover and chill 2 hours.
- ☐ To serve, loosen edges of custard with a knife or rubber spatula.
- ☐ Place a dessert plate, upside down, on top of each cup; invert custard cups onto plates.
- ☐ Drizzle any remaining syrup over custard.

Nutrition Facts



Properties

Glycemic Index:18.58, Glycemic Load:20.17, Inflammation Score:-2, Nutrition Score:12.567826062117%

Nutrients (% of daily need)

Calories: 286.98kcal (14.35%), Fat: 2.85g (4.38%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 59.08g (19.69%), Net Carbohydrates: 59.06g (21.48%), Sugar: 52.31g (58.12%), Cholesterol: 85.77mg (28.59%), Sodium: 69.24mg (3.01%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 5.5g (11%), Manganese: 1.87mg (93.31%), Vitamin B2: 1.24mg (72.76%), Calcium: 199.36mg (19.94%), Phosphorus: 125.35mg (12.53%), Selenium: 8.63µg (12.33%), Vitamin B12: 0.68µg (11.26%), Potassium: 338.27mg (9.66%), Vitamin D: 1.31µg (8.7%), Zinc: 1.19mg (7.94%), Vitamin B1: 0.11mg (7.47%), Magnesium: 29.21mg (7.3%), Vitamin B5: 0.62mg (6.24%), Vitamin A: 272.99IU (5.46%), Vitamin B6: 0.09mg (4.25%), Folate: 13.13µg (3.28%), Iron: 0.51mg (2.81%), Vitamin E: 0.25mg (1.65%), Vitamin B3: 0.21mg (1.06%)