



Mexican Chocolate Flans

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



290 kcal

DESSERT

Ingredients

- 3 eggs beaten
- 12 oz evaporated milk canned
- 0.5 teaspoon ground cinnamon
- 0.5 cup milk
- 0.5 cup sugar
- 0.8 cup sugar
- 0.3 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla

0.5 cup water

Equipment

sauce pan

oven

knife

whisk

baking pan

glass baking pan

Directions

Heat oven to 325F. In heavy 1-quart saucepan, mix topping ingredients.

Heat to boiling over medium heat. Cover; boil 1 minute. Uncover; cook until sugar becomes golden brown. DO NOT STIR. Very carefully pour and swirl sugar into 6 (6-oz) custard cups.

In 2-quart saucepan, mix 1/2 cup milk, the sugar, cocoa and cinnamon.

Heat to boiling over medium-high heat, stirring constantly with wire whisk. Continue to boil 1 minute, stirring constantly.

Remove from heat. Using wire whisk, beat in evaporated milk, vanilla and eggs.

Pour mixture evenly over sugar in custard cups.

Place custard cups in 13x9-inch (3-quart) glass baking dish.

Place baking dish on center oven rack.

Pour hot water into baking dish until it is halfway up sides of custard cups.

Bake 50 to 55 minutes or until knife inserted near edge of custard mixture comes out clean. Carefully remove cups from water; cool slightly, about 5 minutes. Refrigerate until well chilled, about 50 minutes.

To serve, unmold flans onto individual dessert plates. If desired, top each with chocolate shavings. Cover and refrigerate any remaining flans.

Nutrition Facts



■ PROTEIN 10.57% ■ FAT 22.73% ■ CARBS 66.7%

Properties

Glycemic Index:30.53, Glycemic Load:29.45, Inflammation Score:-3, Nutrition Score:7.2656521874925%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 290.16kcal (14.51%), Fat: 7.66g (11.78%), Saturated Fat: 3.96g (24.75%), Carbohydrates: 50.55g (16.85%), Net Carbohydrates: 49.14g (17.87%), Sugar: 48.44g (53.83%), Cholesterol: 100.72mg (33.57%), Sodium: 101.27mg (4.4%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Caffeine: 8.24mg (2.75%), Protein: 8.01g (16.02%), Phosphorus: 205.62mg (20.56%), Calcium: 192.62mg (19.26%), Vitamin B2: 0.32mg (19.1%), Selenium: 9.21µg (13.16%), Magnesium: 36.91mg (9.23%), Manganese: 0.18mg (8.97%), Copper: 0.17mg (8.39%), Potassium: 289.17mg (8.26%), Vitamin B5: 0.78mg (7.85%), Zinc: 1.06mg (7.05%), Vitamin B12: 0.4µg (6.61%), Vitamin A: 287.74IU (5.75%), Iron: 1.03mg (5.7%), Fiber: 1.41g (5.66%), Vitamin D: 0.72µg (4.8%), Vitamin B6: 0.08mg (4.14%), Folate: 16.03µg (4.01%), Vitamin B1: 0.05mg (3.31%), Vitamin E: 0.34mg (2.26%), Vitamin C: 1.08mg (1.31%), Vitamin B3: 0.23mg (1.15%)