



Orange Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



529 kcal

DESSERT

Ingredients

- 12 servings poached berries fresh
- 3 ounce cream cheese softened
- 2 egg yolk
- 6 large eggs
- 12 servings mint leaves
- 0.3 cup orange juice fresh
- 1 tablespoon orange zest grated (1 large orange)
- 1 cup sugar

- 2 cups sugar
- 0.5 cup condensed milk sweetened
- 12 servings garnish: whipped cream sweetened
- 1 tablespoon vanilla extract
- 3 cups whipping cream

Equipment

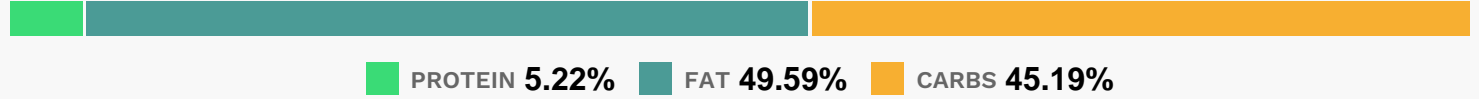
- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- roasting pan
- spatula
- kugelhopf pan

Directions

- Sprinkle 1 cup sugar into a medium skillet.
- Place pan over medium heat, and cook, shaking pan often, until sugar melts and becomes a light golden brown syrup. Quickly pour syrup into a 12-cup Bundt pan, tilting to coat bottom and sides; set aside.
- Place whipping cream and vanilla in a large bowl. Process eggs and next 6 ingredients in a blender just until smooth, stopping to scrape down sides (do not over-process). Stir egg mixture into cream mixture.
- Pour custard over caramelized sugar in Bundt pan, and place in a large roasting pan on oven rack.
- Add hot water to roasting pan to a depth of 1 inch.
- Bake, uncovered, at 350 for 1 hour and 15 minutes or until a knife inserted off center comes out almost clean.

- Remove Bundt pan from water. Cool 1 hour on a wire rack. Cover and chill at least 8 hours.
- Loosen edges of flan with a small spatula; invert onto a serving plate.
- Cut into serving pieces and top with sweetened whipped cream, berries, and mint, if desired.

Nutrition Facts



Properties

Glycemic Index:27.93, Glycemic Load:39.93, Inflammation Score:-6, Nutrition Score:7.2904346896254%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 528.5kcal (26.43%), Fat: 29.72g (45.72%), Saturated Fat: 17.72g (110.75%), Carbohydrates: 60.92g (20.31%), Net Carbohydrates: 60.75g (22.09%), Sugar: 60.08g (66.76%), Cholesterol: 208.69mg (69.56%), Sodium: 92.92mg (4.04%), Alcohol: 0.37g (100%), Alcohol %: 0.27% (100%), Protein: 7.04g (14.08%), Vitamin A: 1278.61IU (25.57%), Selenium: 14.03µg (20.05%), Vitamin B2: 0.33mg (19.46%), Phosphorus: 142.78mg (14.28%), Vitamin D: 1.66µg (11.09%), Calcium: 110.79mg (11.08%), Vitamin B5: 0.8mg (7.96%), Vitamin B12: 0.47µg (7.75%), Vitamin E: 1.02mg (6.77%), Folate: 23.64µg (5.91%), Vitamin C: 4.29mg (5.21%), Potassium: 180mg (5.14%), Zinc: 0.73mg (4.89%), Vitamin B6: 0.09mg (4.59%), Iron: 0.71mg (3.93%), Magnesium: 13.59mg (3.4%), Vitamin B1: 0.05mg (3.27%), Vitamin K: 2.51µg (2.39%), Copper: 0.04mg (2.06%), Manganese: 0.03mg (1.46%)