



## Orange-Scented Flan With Roasted Pineapple

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

DESSERT

### Ingredients

- ☐ 2 large egg whites
- ☐ 3 large eggs
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 cups milk 2% reduced-fat
- ☐ 1 tablespoon butter melted
- ☐ 2 teaspoons orange rind grated
- ☐ 5 cups chunks pineapple fresh ()

- ☐ 1.5 cups sugar divided
- ☐ 1 vanilla pod split
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water

## Equipment

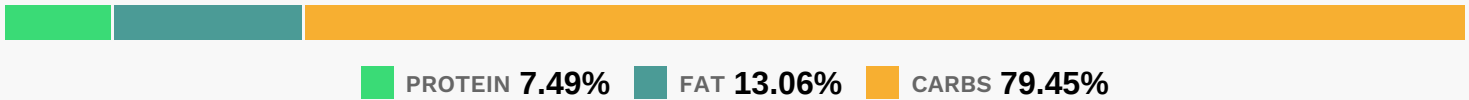
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ cake form
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ Preheat oven to 45
- ☐ Combine the first 4 ingredients in a 3-quart casserole.
- ☐ Bake at 450 for 40 minutes, stirring once.
- ☐ Remove from oven. Stir in mint; set aside. Reduce oven temperature to 32
- ☐ Combine the milk, orange rind, and vanilla bean in a medium saucepan. Bring to a simmer over low heat; cook 10 minutes.
- ☐ Remove from heat; discard vanilla bean. (If using vanilla extract, remove milk mixture from heat; stir in extract.)
- ☐ Combine 3/4 cup sugar and water in a small heavy saucepan over medium heat; cook until golden (about 15 minutes). Immediately pour into a 9-inch round cake pan, tipping quickly until the caramelized sugar coats bottom of pan.

- ☐ Combine milk mixture, 3/4 cup sugar, eggs, and egg whites in a large bowl; stir well with a whisk.
- ☐ Pour mixture into prepared pan.
- ☐ Place cake pan in a large shallow pan; add hot water to shallow pan to a depth of 1 inch. Cover with foil; bake at 325 for 50 minutes or until a knife inserted in center comes out clean.
- ☐ Remove cake pan from water; cool completely on a wire rack. Cover and chill at least 3 hours.
- ☐ Loosen the edges of the flan with a knife or rubber spatula.
- ☐ Place a plate, upside down, on top of pan; invert flan onto plate.
- ☐ Drizzle any remaining caramelized syrup over flan.
- ☐ Cut flan into 8 wedges; top with pineapple mixture.

## Nutrition Facts



## Properties

Glycemic Index:8.76, Glycemic Load:26.18, Inflammation Score:-3, Nutrition Score:7.3495651172555%

## Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 309.47kcal (15.47%), Fat: 4.67g (7.18%), Saturated Fat: 1.63g (10.22%), Carbohydrates: 63.86g (21.29%), Net Carbohydrates: 61.82g (22.48%), Sugar: 61.74g (68.59%), Cholesterol: 74.47mg (24.82%), Sodium: 87.45mg (3.8%), Alcohol: 0.22g (100%), Alcohol %: 0.09% (100%), Protein: 6.02g (12.04%), Vitamin C: 15.46mg (18.74%), Vitamin B2: 0.27mg (16.05%), Selenium: 9.7µg (13.86%), Vitamin B1: 0.18mg (12.23%), Calcium: 109.53mg (10.95%), Phosphorus: 104.26mg (10.43%), Copper: 0.19mg (9.28%), Potassium: 314.5mg (8.99%), Vitamin B6: 0.17mg (8.42%), Magnesium: 32.86mg (8.22%), Vitamin B12: 0.49µg (8.15%), Fiber: 2.03g (8.13%), Vitamin A: 327.55IU (6.55%), Vitamin B5: 0.52mg (5.22%), Folate: 20.55µg (5.14%), Zinc: 0.69mg (4.61%), Iron: 0.82mg (4.54%), Vitamin B3: 0.52mg (2.59%), Vitamin D: 0.38µg (2.5%), Vitamin E: 0.3mg (2.03%), Manganese: 0.03mg (1.25%), Vitamin K: 1.22µg (1.16%)