



Parmesan Flans with Tomatoes and Basil

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 4 large egg whites lightly beaten
- 2 large eggs lightly beaten
- 3 tablespoons flour all-purpose
- 0.3 cup basil fresh thinly sliced
- 1 cup milk 1% low-fat
- 3 ounces parmigiano-reggiano cheese finely grated
- 1 Dash pepper black freshly ground
- 0.1 teaspoon salt
- 1 Dash salt

- 2 cups tomatoes seeded chopped

Equipment

- bowl
- oven
- knife
- whisk
- ramekin
- baking pan
- spatula

Directions

- Preheat oven to 375
- Coat 4 (6-ounce) custard cups or ramekins with cooking spray.
- Place 3 tablespoons flour in a medium bowl. Gradually add milk to bowl, stirring constantly with a whisk until blended.
- Add egg whites and eggs; stir well.
- Add Parmigiano-Reggiano, 1/8 teaspoon salt, and 1/8 teaspoon pepper; stir well. Divide mixture evenly among prepared custard cups.
- Place custard cups in a 9-inch square baking pan; add hot water to the pan to a depth of 1 inch.
- Bake at 375 for 25 minutes or until puffy and set.
- Combine tomato, dash of salt, and dash of pepper in a medium bowl. Loosen edges of flans with a knife or rubber spatula.
- Place a plate, upside down, on top of each cup; invert onto plates. Spoon 1/2 cup tomato mixture over each flan. Top each serving with 1 tablespoon basil.
- Wine note: These scrumptious flans take much of their savoriness from the Parmigiano-Reggiano cheese. Because the cheese has a nutty/salty flavor, it pairs well with an earthy light red. Traditionally, Chianti would fill this bill, but for a more modern twist, try a California pinot noir instead. Pinot is an all-around winner with most hard cheeses. A favorite: Saintsbury 2006 Pinot Noir from Carneros, California, about \$30 Karen MacNeil

Nutrition Facts

PROTEIN 36.23% FAT 40.23% CARBS 23.54%

Properties

Glycemic Index:68.5, Glycemic Load:4.07, Inflammation Score:-7, Nutrition Score:12.584782621135%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 196.08kcal (9.8%), Fat: 8.7g (13.39%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 10.36g (3.77%), Sugar: 5.4g (6%), Cholesterol: 110.41mg (36.8%), Sodium: 540.19mg (23.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.64g (35.27%), Calcium: 353.78mg (35.38%), Selenium: 22.21µg (31.73%), Phosphorus: 287.71mg (28.77%), Vitamin B2: 0.46mg (26.8%), Vitamin A: 1116.89IU (22.34%), Vitamin B12: 0.87µg (14.45%), Vitamin C: 10.48mg (12.7%), Vitamin K: 12.77µg (12.16%), Potassium: 389.85mg (11.14%), Folate: 38.24µg (9.56%), Zinc: 1.35mg (9%), Vitamin B5: 0.85mg (8.51%), Manganese: 0.17mg (8.43%), Magnesium: 33.61mg (8.4%), Vitamin D: 1.26µg (8.37%), Vitamin B1: 0.13mg (8.37%), Vitamin B6: 0.16mg (8.18%), Iron: 1.16mg (6.43%), Vitamin E: 0.74mg (4.93%), Vitamin B3: 0.97mg (4.83%), Copper: 0.09mg (4.6%), Fiber: 1.09g (4.37%)