Pear Flan (Flan de Pera)

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	6	542 kcal

DESSERT

Ingredients

- [ ] 6 servings individually wrapped caramels
- [ ] 5 egg yolks
- [ ] 0.3 teaspoon ground cinnamon
- [ ] 1 cup heavy cream
- [ ] 3 pears peeled thinly sliced
- [ ] 1.5 tablespoon sugar
- [ ] 1 can condensed milk sweetened
- [ ] 0.5 teaspoon vanilla extract

- [ ] 0.3 cup water
- [ ] 2 eggs whole
- [ ] 1 cup milk whole

Equipment

- [ ] bowl
- [ ] oven
- [ ] knife
- [ ] pot
- [ ] ramekin
- [ ] hand mixer
- [ ] roasting pan

Directions

- [ ] To prepare the caramel, put 1 cup of sugar in a small pot with ¼ cup of water. Bring to a boil over high heat. Stir once and reduce the heat to medium and cook about 5 minutes or until the syrup turns a caramel color.Immediately pour an equal amount of the caramel into each ramekin or any oven proof mold you want to use. Swirl each dish to coat the base with the caramel, work fast as the caramel will harden quickly as it cools.
- [ ] Place all the ramekins in a large roasting pan and set aside.Preheat the oven to 350° F.In a medium bowl, using an electric mixer, mix the eggs, egg yolks and 1 ½ tablespoon sugar for 2 to 3 minutes.
- [ ] Add the condensed milk, heavy cream, whole milk, ground cinnamon and vanilla extract and mix for 1 more minute.Divide the sliced pears into equal amounts and place on top of the caramel in each ramekin.Carefully pour an equal amount of the flan mixture into the ramekins, over the pears and caramel. Then add hot water to the roasting pan, not to the ramekins, until the water comes half way up the sides of the ramekins.
- [ ] Place the roasting pan in the oven and bake for 1 hour an 15 minutes or until a knife inserted in the center of the flan comes out clean.
- [ ] Remove from the roasting pan and cool for at least 30 minutes. Then cover and refrigerate for at least 2 hours.

Nutrition Facts

PROTEIN **9.14%** FAT **44.84%** CARBS **46.02%**

Properties

Glycemic Index:45.97, Glycemic Load:33.68, Inflammation Score:-6, Nutrition Score:13.898260971774%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 542.05kcal (27.1%), Fat: 27.68g (42.58%), Saturated Fat: 15.66g (97.89%), Carbohydrates: 63.9g (21.3%), Net Carbohydrates: 61.1g (22.22%), Sugar: 57.42g (63.8%), Cholesterol: 289.4mg (96.47%), Sodium: 163.96mg (7.13%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 12.7g (25.4%), Selenium: 24.92µg (35.6%), Vitamin B2: 0.6mg (35.36%), Phosphorus: 340.75mg (34.08%), Calcium: 314.21mg (31.42%), Vitamin A: 1147.4IU (22.95%), Vitamin B12: 1.03µg (17.11%), Vitamin D: 2.32µg (15.45%), Vitamin B5: 1.53mg (15.27%), Potassium: 505.69mg (14.45%), Fiber: 2.8g (11.21%), Folate: 44.28µg (11.07%), Zinc: 1.55mg (10.35%), Vitamin B1: 0.14mg (9.56%), Vitamin B6: 0.18mg (9.07%), Magnesium: 35.45mg (8.86%), Vitamin E: 1.19mg (7.91%), Vitamin C: 5.82mg (7.06%), Vitamin K: 6.06µg (5.77%), Copper: 0.11mg (5.69%), Iron: 1.01mg (5.63%), Manganese: 0.08mg (3.88%), Vitamin B3: 0.38mg (1.91%)