



Pineapple Flan

READY IN



60 min.

SERVINGS



8

CALORIES



1158 kcal

DESSERT

Ingredients

- 3 tablespoons apricot preserves
- 15.3 ounce pineapple rings with juice reserved drained sliced canned
- 2 egg yolk
- 4 tablespoons flour all-purpose
- 1.5 cups milk
- 9 inch pie crust dough
- 0.1 teaspoon vanilla extract
- 4 tablespoons granulated sugar white

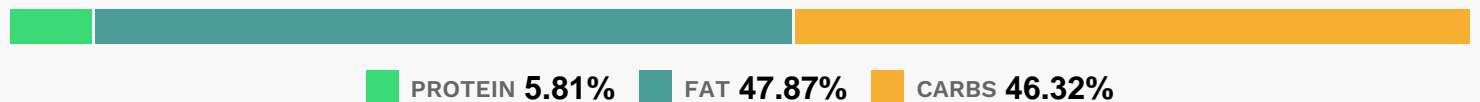
Equipment

- bowl
- sauce pan

Directions

- To Make Pastry Cream: In a medium bowl, mix 1/2 cup of milk with flour, then stir in the egg yolks.
- Mix well.
- Heat sugar and remaining 1 cup of milk in a saucepan over medium heat.
- Remove from heat and stir into egg yolk mixture. Return mixture to saucepan and heat until boiling. Turn down heat to low and keep cooking until mixture thickens. Stir in vanilla. Set aside for 15 minutes.
- To Make Glaze: In a small saucepan, heat 1 tablespoon of pineapple juice with jam until thickened.
- Pour cooled pastry cream into pie shell.
- Cut pineapple slices into quarters and arrange them decoratively on top of pastry cream.
- Brush pie with glaze.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:7.07, Inflammation Score:-6, Nutrition Score:19.101304137188%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1157.69kcal (57.88%), Fat: 61.44g (94.53%), Saturated Fat: 19.65g (122.81%), Carbohydrates: 133.78g (44.59%), Net Carbohydrates: 127.33g (46.3%), Sugar: 19.19g (21.33%), Cholesterol: 54.09mg (18.03%), Sodium:

943.48mg (41.02%), Alcohol: 0.02g (100%), Alcohol %: 0.01% (100%), Protein: 16.79g (33.58%), Manganese: 1.03mg (51.39%), Vitamin B1: 0.74mg (49.12%), Folate: 173.71µg (43.43%), Iron: 6.34mg (35.21%), Vitamin B3: 6.5mg (32.51%), Vitamin B2: 0.5mg (29.54%), Fiber: 6.45g (25.81%), Selenium: 17.89µg (25.55%), Phosphorus: 233.82mg (23.38%), Vitamin K: 16.98µg (16.17%), Vitamin B5: 1.23mg (12.34%), Copper: 0.24mg (12.19%), Magnesium: 48.7mg (12.18%), Calcium: 115.6mg (11.56%), Potassium: 368.79mg (10.54%), Vitamin B6: 0.2mg (9.99%), Zinc: 1.39mg (9.26%), Vitamin E: 1.2mg (7.98%), Vitamin C: 5.74mg (6.96%), Vitamin B12: 0.33µg (5.58%), Vitamin D: 0.75µg (4.97%), Vitamin A: 183.65IU (3.67%)