



Pineapple Flan



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



667 kcal

DESSERT

Ingredients

- ☐ 3 egg yolks
- ☐ 3 large eggs
- ☐ 1 cup pineapple fresh finely chopped
- ☐ 6 servings garnish: pineapple dried
- ☐ 2 cups pineapple juice
- ☐ 0.5 cup sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

☐ 1 cup whipping cream

Equipment

☐ frying pan

☐ sauce pan

☐ oven

☐ knife

☐ wire rack

☐ blender

☐ roasting pan

☐ aluminum foil

Directions

☐ Cook pineapple juice in a saucepan over medium-high heat 20 minutes or until reduced to 1/2 cup; set aside.

☐ Sprinkle sugar in an 8-inch round cakepan; place over medium heat, and cook, shaking pan constantly, until sugar melts and turns a light golden brown.

☐ Remove from heat.

☐ Process reduced pineapple juice, condensed milk, and next 4 ingredients in a blender until smooth, stopping to scrape down sides; stir in pineapple.

☐ Pour custard over caramelized sugar in pan. Cover with aluminum foil; place in a roasting pan.

☐ Add hot water to roasting pan to a depth of 1 inch.

☐ Bake at 350 for 50 to 55 minutes or until a knife inserted in center comes out clean.



☐ Remove cakepan from water, and uncover; cool flan in cakepan on a wire rack 30 minutes. Cover and chill for 2 hours.

☐ Run a knife around edge of flan to loosen; invert onto a serving plate.

☐ Garnish, if desired.

Nutrition Facts



 **PROTEIN 7.21%**  **FAT 32.93%**  **CARBS 59.86%**

Properties

Glycemic Index:39.29, Glycemic Load:40.06, Inflammation Score:-6, Nutrition Score:15.176956498105%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 666.66kcal (33.33%), Fat: 25.02g (38.49%), Saturated Fat: 14.41g (90.04%), Carbohydrates: 102.31g (34.1%), Net Carbohydrates: 100.8g (36.66%), Sugar: 95.04g (105.6%), Cholesterol: 257.51mg (85.84%), Sodium: 136.61mg (5.94%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Protein: 12.33g (24.66%), Vitamin C: 28.69mg (34.78%), Selenium: 23.9µg (34.14%), Manganese: 0.67mg (33.5%), Vitamin B2: 0.54mg (31.8%), Phosphorus: 283.5mg (28.35%), Calcium: 272.73mg (27.27%), Vitamin A: 1044.38IU (20.89%), Vitamin B5: 1.35mg (13.52%), Folate: 52.86µg (13.22%), Potassium: 460.97mg (13.17%), Vitamin B12: 0.75µg (12.54%), Vitamin D: 1.75µg (11.69%), Vitamin B6: 0.23mg (11.56%), Vitamin B1: 0.16mg (10.72%), Iron: 1.86mg (10.34%), Zinc: 1.37mg (9.12%), Magnesium: 36.25mg (9.06%), Vitamin E: 0.99mg (6.58%), Copper: 0.13mg (6.27%), Fiber: 1.5g (6.01%), Vitamin B3: 0.48mg (2.41%), Vitamin K: 2.23µg (2.13%)