



## Rich Orange Flan

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



12

CALORIES



228 kcal

DESSERT

### Ingredients

- 0.8 cup sugar
- 3 tablespoons water boiling
- 6 eggs
- 0.3 cup orange juice
- 2 tablespoons orange zest finely grated
- 1 teaspoon vanilla
- 14 oz condensed milk sweetened canned
- 12 oz evaporated milk canned

1 serving p of sugar

## Equipment

- bowl
- frying pan
- oven
- knife
- baking pan
- hand mixer
- broiler pan
- pie form

## Directions

- Heat oven to 325°F.
- Spread sugar evenly over bottom of heavy skillet. Cook over medium heat, stirring constantly, until sugar melts and turns light caramel color.
- Add 3 tablespoons boiling water, stirring until sugar is dissolved.
- Pour into ungreased quiche dish or 10-inch glass deep-dish pie pan or 8-inch (2-quart) square baking dish . Tilt to evenly cover bottom; set aside.
- In medium bowl, beat remaining ingredients with electric mixer on medium speed 1 to 2 minutes or until thoroughly blended.
- Pour over caramelized sugar.
- Place baking dish in large pan (broiler pan).
- Pour 1 inch hot water into broiler pan.
- Bake 40 to 45 minutes or until mixture is almost set and knife inserted in center comes out clean. Cool 1 hour; refrigerate 1 hour. Run knife around outside edge to loosen; turn upside down onto 12-inch round serving plate with raised sides to hold liquid.
- Garnish with spun sugar.

## Nutrition Facts



■ PROTEIN 12.74% ■ FAT 27.87% ■ CARBS 59.39%

## Properties

Glycemic Index:15.26, Glycemic Load:19.98, Inflammation Score:-2, Nutrition Score:6.2008695939313%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 228.28kcal (11.41%), Fat: 7.17g (11.02%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 34.24g (12.45%), Sugar: 33.87g (37.63%), Cholesterol: 101.31mg (33.77%), Sodium: 103.72mg (4.51%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 7.37g (14.74%), Vitamin B2: 0.33mg (19.58%), Phosphorus: 185.9mg (18.59%), Calcium: 182.7mg (18.27%), Selenium: 12.39µg (17.7%), Vitamin B5: 0.78mg (7.81%), Potassium: 252.16mg (7.2%), Vitamin C: 5.34mg (6.48%), Vitamin B12: 0.39µg (6.44%), Vitamin A: 289.4IU (5.79%), Zinc: 0.82mg (5.47%), Magnesium: 18.91mg (4.73%), Folate: 18.1µg (4.52%), Vitamin B1: 0.06mg (3.85%), Vitamin B6: 0.07mg (3.62%), Vitamin D: 0.53µg (3.56%), Iron: 0.53mg (2.93%), Vitamin E: 0.33mg (2.23%), Copper: 0.03mg (1.51%)