



Rose Petal Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

DESSERT

Ingredients

- ☐ 2 egg yolks
- ☐ 2 eggs
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon rosewater
- ☐ 0.5 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 Tbsp water
- ☐ 2 cups milk whole

☐ 24 ounce ramekins

☐ 24 ounce ramekins

Equipment

☐ frying pan

☐ sauce pan

☐ oven

☐ knife

☐ whisk

☐ mixing bowl

☐ ramekin

☐ baking pan

☐ wooden spoon

☐ stove

☐ microwave

Directions

☐ Have your ramekins ready, near the stove. When you pour out the caramelized sugar you will want to work fast.

☐ Place the sugar and water in a small, thick-bottomed saucepan.

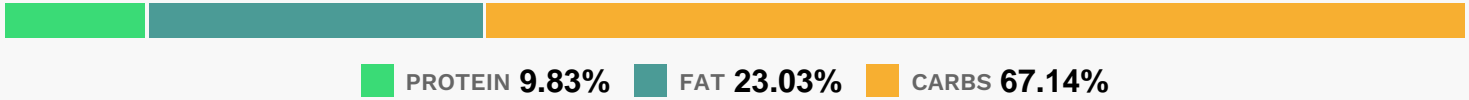
☐ Heat on medium heat. As the sugar begins to melt, gently stir with a wooden spoon to break up unmelted lumps. Once the sugar has melted it will begin to turn golden and then darker brown. As soon as it turns a strong shade of reddish brown, remove the pan from the heat, working quickly, evenly divide the sugar between the ramekins, coating the bottom of each ramekin.

☐ Place the ramekins in a 2-inch deep baking dish. 2 Preheat oven to 350°F. In a small saucepan, on medium high heat, mix sugar and milk until the milk is warm to the touch and the sugar has completely dissolved (about 120°F). Do not let the milk boil.

☐ Remove from heat. In a separate mixing bowl, whisk together eggs, egg yolks, vanilla and rose water. Temper the egg mixture with a little (about 1/4 cup) of the warm milk mixture, whisking as you add the milk.

- ☐
- Add the egg mixture back into the pan of milk. Lower the heat to low and whisk the egg mixture in for a minute until the egg mixture is fully incorporated. 3
- ☐
- Pour custard mixture into the ramekins, up to about 1/4-inch from the top edge of the ramekins.
- ☐
- Pour enough hot water into baking pan to come halfway up sides of ramekins.4
- ☐
- Bake on the middle rack until centers of flans are gently set, about 45 minutes.
- ☐
- Transfer flans to rack and cool. Chill until cold, about 2 hours. (Can be made 2 days ahead.)5
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- To serve, run small sharp knife around flan to loosen. Turn over onto plate. Shake gently to release flan. Carefully lift off ramekin allowing caramel syrup to run over flan. Repeat with remaining flans and serve. If you have refrigerated the flan over night and the flan won't easily release, you can heat it in the microwave for a few seconds (10-1
- ☐
- to loosen it.

Nutrition Facts



Properties

Glycemic Index:44.55, Glycemic Load:37.07, Inflammation Score:-2, Nutrition Score:7.6847826359065%

Nutrients (% of daily need)

Calories: 326.86kcal (16.34%), Fat: 8.54g (13.14%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 56.01g (18.67%), Net Carbohydrates: 56.01g (20.37%), Sugar: 55.93g (62.15%), Cholesterol: 193.68mg (64.56%), Sodium: 82.82mg (3.6%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 8.2g (16.41%), Selenium: 14.41µg (20.59%), Phosphorus: 201.9mg (20.19%), Vitamin B2: 0.33mg (19.19%), Calcium: 174.74mg (17.47%), Vitamin B12: 1.03µg (17.17%), Vitamin D: 2.27µg (15.12%), Vitamin B5: 1.06mg (10.62%), Vitamin A: 446.22IU (8.92%), Vitamin B6: 0.14mg (7.17%), Zinc: 1mg (6.65%), Potassium: 224.54mg (6.42%), Vitamin B1: 0.09mg (6.2%), Folate: 23.48µg (5.87%), Magnesium: 17.83mg (4.46%), Iron: 0.66mg (3.64%), Vitamin E: 0.52mg (3.49%), Copper: 0.03mg (1.44%)