



Rose Petal Flan



Vegetarian



Gluten Free

READY IN



185 min.

SERVINGS



4

CALORIES



327 kcal

DESSERT

Ingredients

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

- ☐ 24 ounce ramekins
- ☐ 24 ounce ramekins

Equipment

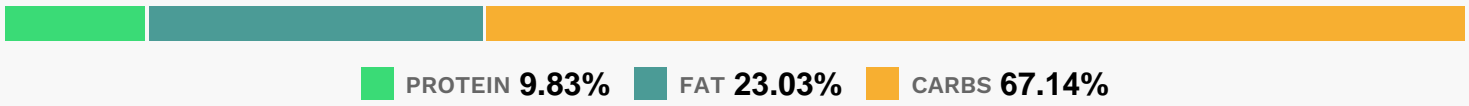
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ ramekin
- ☐ baking pan
- ☐ wooden spoon
- ☐ stove
- ☐ microwave

Directions

- ☐ Make caramel, pour into ramekins: 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.
- ☐ Make flan custard mixture: 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.
- ☐ Pour custard mixture into ramekins, add water to baking pan:
- ☐ 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.
- ☐ Bake on the middle rack at 350°F until centers of flans are gently set, about 45 minutes.
- ☐ Transfer flans to rack and cool.
- ☐ Chill: Chill until cold, about 2 hours. (Can be made 2 days ahead.)
- ☐ flan from ramekins, turn onto a plate to serve: 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%)