



## Spanish Orange Flan

 Vegetarian  Gluten Free  Dairy Free

READY IN



540 min.

SERVINGS



8

CALORIES



168 kcal

DESSERT

### Ingredients

- 2.5 cups clementine juice freshly squeezed
- 0.5 cup granulated sugar
- 2 large eggs
- 10 large egg yolk

### Equipment

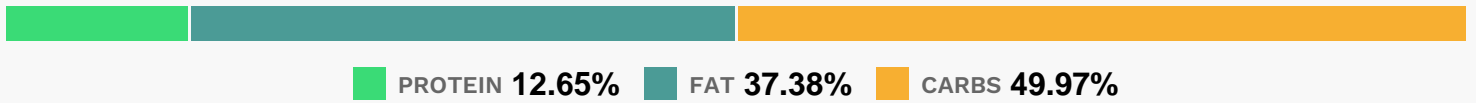
- bowl
- frying pan
- sauce pan

- ladle
- oven
- plastic wrap
- ramekin
- roasting pan

## Directions

- Preheat the oven to 300°F (148°C).
- Heat the orange juice with the sugar in a saucepan, stirring until the sugar dissolves.
- Remove from the heat.
- Lightly beat the eggs and egg yolks with a fork in a large bowl. Beating constantly, gradually add the citrus mixture in a slow, thin, steady stream and beat until well combined. Strain the mixture into another bowl, then ladle it into eight 6-ounce ramekins.
- Place the ramekins in a large shallow roasting pan and place it on an oven rack that's pulled partway out. Carefully pour enough boiling water into the pan to come halfway up the sides of the ramekins.
- Bake the orange flan for 30 minutes, or until the tops are set. Take the ramekins out of the pan and let cool to room temperature. Cover with plastic wrap and refrigerate at least 8 hours or until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-3, Nutrition Score:7.2604348257832%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 13.21mg, Hesperetin: 13.21mg, Hesperetin: 13.21mg, Hesperetin: 13.21mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 167.62kcal (8.38%), Fat: 7.01g (10.79%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 20.94g (7.62%), Sugar: 20.28g (22.54%), Cholesterol: 276mg (92%), Sodium: 28.85mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin C: 22.69mg (27.51%), Selenium: 15.89µg (22.7%), Phosphorus: 118.43mg (11.84%), Vitamin A: 569.21IU (11.38%), Vitamin B2: 0.19mg (11.01%), Folate: 40.76µg (10.19%), Vitamin D: 1.4µg (9.32%), Vitamin B5: 0.92mg (9.23%), Vitamin B12: 0.53µg (8.76%), Vitamin B6: 0.13mg (6.4%), Vitamin B1: 0.09mg (5.76%), Iron: 0.96mg (5.33%), Vitamin E: 0.78mg (5.2%), Potassium: 178.06mg (5.09%), Calcium: 48.43mg (4.84%), Zinc: 0.67mg (4.5%), Copper: 0.05mg (2.28%), Manganese: 0.04mg (2.21%), Magnesium: 8.74mg (2.18%)