

The Perfect Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

DESSERT

Ingredients

- 3 large eggs
- 1 cup milk low-fat (do not use or nonfat)
- 1 pinch salt
- 7 tablespoons sugar
- 0.5 vanilla pod split
- 0.3 cup water
- 1.8 cups whipping cream
- 2 large egg yolk

Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- sieve
- ramekin
- baking pan
- pastry brush
- oven mitt

Directions

- Position rack in center of oven and preheat to 350°F.
- Combine cream, milk and salt in heavy medium saucepan. Scrape seeds from vanilla bean into cream mixture; add bean. Bring to simmer over medium heat.
- Remove from heat and let steep 30 minutes.
- Meanwhile, combine 1 cup sugar and 1/3 cup water in another heavy medium saucepan. Stir over low heat until sugar dissolves. Increase heat to high and cook without stirring until syrup turns deep amber, brushing down sides of pan with wet pastry brush and swirling pan occasionally, about 10 minutes. Quickly pour caramel into six 3/4-cup ramekins or custard cups. Using oven mitts as aid, immediately tilt each ramekin to coat sides. Set ramekins into 13x9x2-inch baking pan.
- Whisk eggs, egg yolks and 7 tablespoons sugar in medium bowl just until blended. Gradually and gently whisk cream mixture into egg mixture without creating lots of foam.
- Pour custard through small sieve into prepared ramekins, dividing evenly (mixture will fill ramekins).
- Pour enough hot water into baking pan to come halfway up sides of ramekins.
- Bake until centers of flans are gently set, about 40 minutes.

Transfer flans to rack and cool. Chill until cold, about 2 hours. Cover and chill overnight. (Can be made 2 days ahead.)

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.

Nutrition Facts

 **PROTEIN 7.99%**  **FAT 71.96%**  **CARBS 20.05%**

Properties

Glycemic Index:11.68, Glycemic Load:9.77, Inflammation Score:-6, Nutrition Score:7.5308696109316%

Nutrients (% of daily need)

Calories: 361.81kcal (18.09%), Fat: 29.42g (45.26%), Saturated Fat: 17.51g (109.46%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 18.44g (6.71%), Sugar: 18.07g (20.08%), Cholesterol: 234.61mg (78.2%), Sodium: 79.56mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Vitamin A: 1314.23IU (26.28%), Selenium: 13.84µg (19.77%), Vitamin B2: 0.33mg (19.55%), Vitamin D: 2.35µg (15.66%), Phosphorus: 152.38mg (15.24%), Calcium: 117.22mg (11.72%), Vitamin B12: 0.68µg (11.4%), Vitamin B5: 0.87mg (8.72%), Vitamin E: 1.06mg (7.03%), Folate: 23.59µg (5.9%), Vitamin B6: 0.11mg (5.51%), Zinc: 0.79mg (5.28%), Potassium: 169.44mg (4.84%), Vitamin B1: 0.06mg (3.75%), Iron: 0.67mg (3.71%), Magnesium: 12.99mg (3.25%), Vitamin K: 2.38µg (2.26%), Copper: 0.03mg (1.67%)