



WHATSHATE

## Vanilla Bean Flan



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



176 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup nonfat condensed milk sweetened
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 1.3 cups milk 1%
- ☐ 0.3 cup sugar
- ☐ 1 vanilla pod split

### Equipment

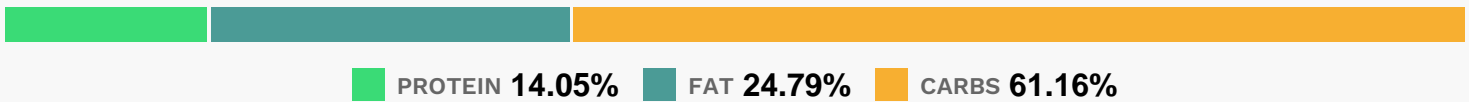
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350°F.
- ☐ Heat 1% milk with vanilla bean halves in a small saucepan over moderate heat until hot.
- ☐ Remove from heat, cover, then steep 20 minutes.
- ☐ Cook sugar in a 6-inch nonstick skillet over moderately low heat, swirling skillet to help sugar melt evenly, until melted and pale golden. Continue to cook, swirling skillet, until deep caramel, 1 to 2 minutes. Immediately pour into custard cups, tilting cups to coat bottom.
- ☐ Let caramel cool.
- ☐ Whisk together whole egg, yolk, condensed milk, and a pinch of salt until smooth. Discard vanilla bean pod from steeped milk and gradually whisk milk into egg mixture.
- ☐ Divide custard among cups and bake in a water bath, loosely covered with a sheet of foil, in middle of oven until custard is set but still trembles slightly, 35 to 40 minutes.
- ☐ Remove cups from water bath and cool on a rack. Chill, uncovered, at least 2 hours. Unmold flans by running a knife around edges to loosen and inverting onto plates.
- ☐ · Flans can be made 1 day ahead and kept chilled in custard cups, uncovered.
- ☐ Each serving about 169 calories and 3 grams fat.
- ☐ Gourmet

## Nutrition Facts



## Properties

Glycemic Index:32.77, Glycemic Load:15.07, Inflammation Score:-2, Nutrition Score:5.7878260800372%

## Nutrients (% of daily need)

Calories: 175.73kcal (8.79%), Fat: 4.91g (7.55%), Saturated Fat: 2.27g (14.16%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 27.24g (9.9%), Sugar: 26.61g (29.56%), Cholesterol: 102.59mg (34.2%), Sodium: 72.97mg (3.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.51%), Phosphorus: 165.67mg (16.57%), Calcium: 159.85mg (15.98%), Vitamin B2: 0.26mg (15.57%), Selenium: 10.67µg (15.25%), Vitamin B12: 0.73µg (12.14%), Vitamin D: 1.33µg (8.86%), Vitamin B5: 0.73mg (7.28%), Vitamin A: 324.4IU (6.49%), Potassium: 210.35mg (6.01%), Zinc: 0.76mg (5.05%), Vitamin B1: 0.07mg (4.78%), Vitamin B6: 0.09mg (4.51%), Folate: 15.66µg (3.91%), Magnesium: 15.53mg (3.88%), Iron: 0.38mg (2.1%), Vitamin E: 0.29mg (1.91%)