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## Caramel Flan ♦

Caramel Flan is a delicious dessert that originated in Spain. It is a creamy custard topped with a layer of caramelized sugar. The dessert is typically served chilled and is enjoyed by people of all ages. It is a perfect treat for special occasions or as a sweet ending to a meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 60 mins

**Total Time:** 75 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 6

**Serving Size:** 83 g

### Ingredients

200 g	Sugar
60 ml	Water
6 pieces	Eggs
500 ml	Milk

<b>2 tsp</b>	vanilla extract
<b>1 tsp</b>	salt

## Directions

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### Step 1

Oven

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Stove

In a small saucepan, combine sugar and water. Cook over medium heat, stirring constantly, until sugar is dissolved and mixture turns golden brown. Pour caramel into a 9-inch round baking dish, tilting to coat the bottom evenly.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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### Step 3

Mixing

In a large mixing bowl, beat eggs. Add milk, vanilla extract, and salt. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Pour the egg mixture over the caramel in the baking dish.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Oven

Place the baking dish in a larger baking pan. Fill the larger pan with hot water to reach halfway up the sides of the baking dish.

**Prep Time:** 5 mins

**Cook Time:** 45 mins

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## Step 6

Oven

Bake for 45-50 minutes, or until a knife inserted near the center comes out clean.

**Prep Time:** 0 mins

**Cook Time:** 45 mins

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## Step 7

### Refrigerating

Remove the baking dish from the water bath and let it cool to room temperature. Then refrigerate for at least 4 hours, or overnight.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 8

### Plating

To serve, run a knife around the edges of the dish and invert the flan onto a serving plate. The caramel will drizzle over the top.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 6 g

**Protein:** 5 g

**Carbohydrates:** 21 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	21 g	38.18%	42%
Fibers	0 g	0%	0%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	6 g	21.43%	24%
Cholesterol	160 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	20 mcg	133.33%	133.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	10 mg	1%	1%
Iron	4 mg	50%	22.22%
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Events

Christmas

Easter

Thanksgiving

Anniversary

Back to School

Picnic

## Cuisines

Middle Eastern

## Course

Desserts

Snacks

Sauces & Dressings

## Demographics

Lactation Friendly

Allergy Friendly

## Diet

Flexitarian Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Blood Type Diet

Low Sodium Diet

## Meal Type

Brunch

Dinner

Snack

Supper

## Difficulty Level

Medium

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