

All Recipes

Al Recipe Builder

Similar Recipes

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

2 tsp	vanilla extract
1 tsp	salt

Directions

Step 1



Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

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

Step 3



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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 5



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

Step 6



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

Prep Time: 0 mins

Cook Time: 45 mins

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%

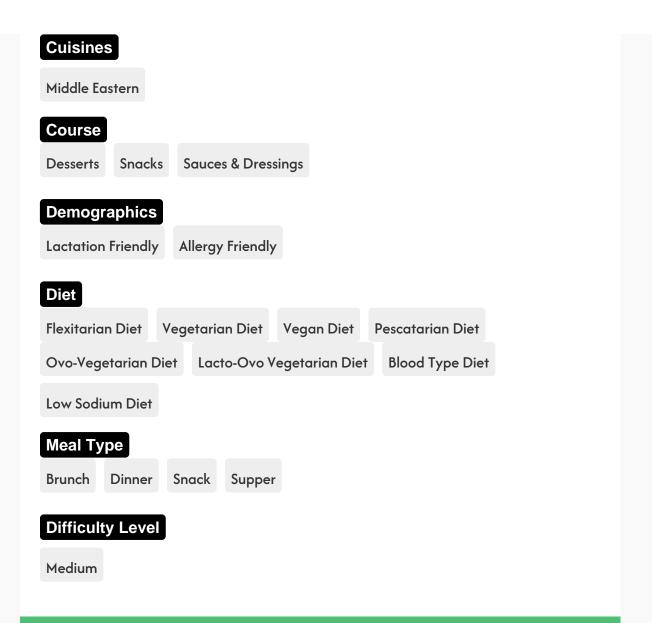
Minerals

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

Eve	nts

Christmas Easter Thanksgiving Anniversary Back to School Picnic



Visit our website: healthdor.com