

Flan (Revised)

Ingredients:

8 oz. Egg Beaters
1/2 cup white granulated sugar
3 Tbsp. water
14 oz, fat-free sweetened condensed milk
1/2 tsp pure vanilla extract

Procedure:

1. Melt sugar and water in a heavy sauce pan to dissolve sugar. Bring to a boil over medium heat. Boil, without stirring, until amber in color for 5 – 6 minutes.
2. Pour into an 8-inch round pan, swirling to coat the bottom and partway up the sides.
3. Bring fat-free sweetened condensed milk to a gentle boil over medium heat.
4. In a large bowl, whisk egg beaters and vanilla for one minute. Slowly stir in milk. Pour into pan over hardened sugar mixture.
5. Place round pan into a roasting pan. Fill roasting pan with hot water to come half-way up the sides of the round pan.
6. Bake at 350°F until set, for about 30 minutes.
7. Let cool on a wire rack. Cool completely in refrigerator for at least 4-hours.
8. When ready to serve, run a knife around the inside edge of the pan. Invert onto a plate.

Yield:

6 servings

Nutrition Facts:

Calories: 201.3 kcal
Fat: 0.11 g
Protein: 7.17 g
Sodium: 110.31 mg
Calcium: 148,72 mg

Iron: 0.53 mg
Thiamin: 0.06 mg
Riboflavin: 0.61 mg
Niacin: 0.11 mg