

# Almond Flan with Golden Caramel

*Best Loved Desserts - 2013 Cookbook  
Better Homes and Gardens Magazine*

## Servings: 8

1 cup sugar  
1 can (14 ounce) sweetened condensed milk  
1 can (12 ounce) evaporated milk  
3 eggs  
4 egg yolks  
1/4 cup sugar  
3 tablespoons almond paste  
2 teaspoons vanilla  
dash salt

## Preparation Time: 30 minutes

## Bake: 50 minutes

Preheat the oven to 350 degrees.

To caramelize the sugar: In a large heavy skillet, heat the one cup of sugar over medium-high heat until it begins to melt, shaking the skillet occasionally; do not stir. When the sugar starts to melt, reduce the heat to low and cook about 5 minutes or until all of the sugar melts and is golden, stirring as needed with a wooden spoon. Immediately pour the caramelized sugar into a nine-inch deep-dish pie plate; tilt the pie plate to coat the bottom. Set aside.

In a blender, combine the sweetened condensed milk, evaporated milk, eggs, egg yolks, 1/4 cup of sugar, almond paste, vanilla and salt. Cover and blend until smooth. Skim off any foam.

Pour the egg mixture into the pie plate. Place the pie plate into a roasting pan. Place in the oven on a middle rack. Pour boiling water into the roasting pan around the pie plate to a depth of one inch.

Bake about 50 minutes or until a three-inch area around the outside edge appears set when gingerly shaken (the center will set as the mixture cools). Carefully remove the pie plate from the water. Cool on a wire rack for 30 minutes. Cover and chill for 6 to 24 hours.

Using a sharp knife, loosen the flan from the side of the pie plate. Invert the flan onto a serving plate.

*Tip: Briefly warm the pie plate in the oven so that the caramel spreads over the bottom more easily.*

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Per Serving (excluding unknown items): 371 Calories; 12g Fat (27.8% calories from fat); 9g Protein; 58g Carbohydrate; trace Dietary Fiber; 208mg Cholesterol; 113mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 2 Fat; 3 1/2 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	371
% Calories from Fat:	27.8%
% Calories from Carbohydrates:	62.2%
% Calories from Protein:	10.0%
Total Fat (g):	12g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	208mg
Carbohydrate (g):	58g
Dietary Fiber (g):	trace
Protein (g):	9g
Sodium (mg):	113mg
Potassium (mg):	288mg
Calcium (mg):	221mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	504IU
Vitamin A (r.e.):	135 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	32mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	3
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	2
Other Carbohydrates:	3 1/2

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	371	Calories from Fat: 103
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### % Daily Values\*

<b>Total Fat</b>	12g	18%
Saturated Fat	5g	25%
<b>Cholesterol</b>	208mg	69%
<b>Sodium</b>	113mg	5%
<b>Total Carbohydrates</b>	58g	19%
Dietary Fiber	trace	1%
<b>Protein</b>	9g	

<b>Vitamin A</b>	10%
<b>Vitamin C</b>	3%
<b>Calcium</b>	22%
<b>Iron</b>	5%

\* Percent Daily Values are based on a 2000 calorie diet.