



Flan

15'
Hands on

60"
Hands off

40'
Cook Time

8-10
Portion(s)

2
Difficulty



Ingredients

For the caramel

- 250 g granulated sugar
- 80 g water
- 1 pinch salt

For the cream

- 5 eggs, medium
- 3 egg yolks, from medium eggs
- 400 g sweetened condensed milk
- 400 g condensed milk
- 1 teaspoon(s) [vanilla extract](#)
- 1 pinch salt

To serve

- mint

Method

For the caramel

- Place a [frying pan](#) over medium-low heat and add the sugar, the water, and salt.
- Allow 8-10 minutes for the sugar to melt and take a caramel color.
- Transfer to a 20 cm baking pan and set it aside to cool well.

For the cream

- Preheat the oven to 160° C (320° F) set to fan.
- In a jug add the eggs, the yolks, the sweetened condensed milk, the condensed milk, the vanilla extract, salt, and whisk well.
- Pour the mixture over the caramel and transfer the [baking pan](#) into a larger baking pan. Cover the small baking pan with aluminum foil and fill the large baking pan halfway up with boiling water.
- Carefully transfer to the oven and bake for 35-40 minutes.
- Let it cool well and serve with mint.
- Consume it cold from the refrigerator.

Διατροφικός πίνακας

Nutrition information per portion

348 Calories (kcal)	11.0 Total Fat (g)	5.7 Saturated Fat (g)	51.0 Total Carbs (g)
17%	16%	29%	20%
51.0 Sugars (g)	11.0 Protein (g)	0.0 Fibre (g)	0.43 Sodium (g)
57%	22%	0%	7%