

# Flan

Yield: 6 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/puerto-rican-flan-recipe-with-condensed-milk>

## Ingredients:

- 3 tablespoons sugar
- 2 tablespoons water
- 2 1/2 cups milk
- 3 drops vanilla extract
- 1 vanilla bean
- 2 whole eggs plus 6 egg yolks
- 1 sugar

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 80 milligrams
4. Fat: 4 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 95 milligrams
8. Sugar: 13 grams

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