

Flan Glorious Flan

Yield: 6 min

Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/mexico-the-beautiful-cookbook-flan-recipe>

Ingredients:

- 1 cup sugar
- 3 cups milk
- 3 yolks full + 3
- 2 drops vanilla essence
- 1/8 teaspoon nutmeg optional
- salt - A pinch

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 115 milligrams
4. Fat: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 220 milligrams
8. Sugar: 41 grams

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