

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Mexican Flan (Baked Custard)**

**Serves 4-6**

**Ingredients:**

1/3 cup sugar  
1 (12-ounce) can fat free evaporated milk  
1/2 cup skim **or** 1% milk  
3 large eggs  
1/4 cup sugar  
1 teaspoon vanilla  
Sprinkle of ground cinnamon  
Pinch of salt

**Directions:**

1. Preheat oven to 325 degrees.
2. Place 1/3 cup sugar in a small sauce pan. Cook the sugar on medium-high heat until it starts to boil and caramelize - turning a light brown color. Do not stir. Pour caramelized sugar onto the bottom of a flan baking dish or an 9-inch pie plate and swirl until it covers the bottom of the dish. Allow to cool and harden.
3. In a small bowl whisk together remaining ingredients until well combined. Pour egg mixture into the baking dish.
4. Place flan dish into a larger baking pan. Pour the hottest tap water possible into the larger pan, surrounding the flan dish, about 1/2 depth up the sides of the dish. This is called a "bain marie" and will prevent the custard from overcooking.
5. Bake for 1 hour or until a knife comes out clean.
6. Chill for at least 1 hour. Serve.

**Recipe Note:** If you don't have evaporated milk you can just use a total of 2 cups of skim milk, but the evaporated milk makes for a creamier custard.

**Nutritional Information per serving:**

Calories: 131	Carbohydrates: 20g
Total Fat: 2g	Cholesterol: 90mg
Saturated Fat: 1g	Dietary Fiber: 0g
Protein: g	Sodium: 114mg