

## Reduced-Sugar Flan)

(3 servings)

- Eggs – **3 large (≈150 g, slightly beaten)**
- Evaporated milk (無糖練乳) - **355g**
- Sugar – **60 g**
- Vanilla extract – **1 tsp**



### Method

1. **Preheat oven: 160 °C.**
2. **Mix:** In a medium bowl, whisk **eggs** lightly. Add **evaporated milk**, **sugar**, and **vanilla**. Whisk until smooth (don't overbeat).
3. **Prepare bain-marie:** Arrange 6 small custard cups (ramekins) in a 33×23×5 cm baking dish. Divide mixture evenly.
4. **Add water:** Pour hottest tap water into baking dish to reach halfway up the ramekins (≈1.5 cm depth).
5. **Bake: 35–40 minutes**, or until knife/toothpick inserted near center comes out clean. *(Check earlier!)*
6. **Cool & chill:** Remove from water, cool on a rack, then cover and refrigerate for at least 4 hours (best overnight).



### Nutrition (per serving, 1/6 recipe)

- **Calories:** ~115 kcal
- **Protein:** ~6 g
- **Fat:** ~5 g
  - Sat. Fat: ~2 g
- **Carbs:** ~11 g
  - Sugars: ~11 g
- **Fiber:** 0 g
- **Sodium:** ~55 mg
- **Omega-3:** negligible



### Flavor / Health Suggestions

- **Caramel layer:** Traditional flan uses caramel (melted sugar). You can skip it (lowest sugar option) or make a light caramel with **2 tbsp (25 g) sugar + 1 tsp water** melted and poured into ramekins before adding custard. Adds ~20 kcal and 5 g sugar per serving but gives classic flavor.
- **Coconut twist:** Swap 50–100 ml of evaporated milk with light coconut milk for richness without much added sugar.
- **Citrus lift:** Add zest of ½ orange or ½ lemon to the custard mix — classic Spanish/French touch that boosts flavor without sodium or sugar.
- **Texture control:** For extra silkiness, strain the mixture through a fine sieve before pouring into ramekins.