

RECIPE

Keto Flan



Ready in **20 minutes**

Serves **6 people**

70 calories, 1g net carbs, 1g fiber

Tips

Allulose bakes best in these custard type dishes & will caramelize for the topping. Using other keto sweeteners will have various results but I've noticed it creates a grainy texture or doesn't blend well with the other ingredients. For best results use allulose.

**This recipe is modified from thebigmansworld.com - click for original.*

Ingredients

- 1 cup allulose (divided - see note*)
- ¼ cup water
- 1 cup half & half
- 1 cup heavy cream
- 4 x-large eggs
- 1 teaspoon vanilla
- ¼ teaspoon salt

Preparation

1. **Preheat oven to 180C/350F.** Butter 6 ramekins & set aside.
2. **In a small saucepan, combine 1/2 cup of the allulose with the water.** On low heat, bring the mixture to a low simmer. Stir continuously, allow it to thicken & become a light amber brown color. Remove from the heat & distribute amongst the ramekins quickly.
3. **In a separate saucepan, combine the half & half, cream, & remaining allulose.** On low heat, bring to a gentle simmer. Remove from the heat & whisk in the eggs, vanilla extract, & salt, until smooth & combined. Strain the mixture into the ramekins.
4. **Place the six ramekins in a large baking dish.** Pour boiling water into the dish until halfway up the ramekins. Bake for 40 - 50 minutes, until it is mostly set in the middle. Remove from the oven & let cool completely. Once cool, refrigerate the individual flans for at least 8 hours, or overnight. They definitely are best chilled & better the next day!

5. **Once the flans are set, use a slightly moist knife & cut around the ramekins & flip onto a plate.**