MEXICAN · DESSERT

Keto Mexican Flan with Sugar-Free Caramel

65 min · plus 2–3 hours chilling · Makes 8 × 1 slice (1/8 flan) · 250 kcal a portion
Video 8:35 · Low Carb Love

Vegetarian · Gluten-free ingredients · Nut-free

Made with eggs and cream and sweetened only with allulose, so one slice has about 2 g net carbs and no added sugar — a keto custard that won't spike blood sugar.

Diet notes: Keto (2.1 g net carbs a serve).

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Ingredients

7 · MAKES 8 × 1 SLICE (1/8 FLAN)

- [ ] 470 ml **heavy cream**
- [ ] 1 tbsp **vanilla extract**
- [ ] 4 **eggs**
- [ ] 130 g **powdered allulose** (for the custard)
- [ ] 95 g **powdered allulose** (for the caramel)
- [ ] 2 tbsp **water** (for the caramel)
- [ ] **butter**, for greasing the dish (about 1 tsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 175°C. In a bowl, beat the heavy cream, vanilla, eggs and powdered allulose with a hand mixer just until smooth and combined — don't overmix. 1:08
2. For the caramel, warm 120 ml allulose with 2 tbsp water in a small saucepan over low heat; once it simmers, turn the heat to medium-high and stir until it turns a deep amber. 2:16
3. Take it off the heat and let it cool a little until thick, then pour it into a well-buttered 24 cm baking dish and spread it over the bottom with a spatula. 2:59
4. Pour the custard over the caramel. Set the dish in a larger roasting pan and carefully pour boiling water into the pan until it comes about halfway up the sides of the dish (about 4 cm). 3:48
5. Bake for 45–50 minutes, until a knife inserted in the centre comes out clean. Lift it out without splashing water into the custard, then chill the flan in the fridge for 2–3 hours. 5:22
6. Run a knife dipped in warm water around the edge, put a plate on top and flip the flan out so the caramel runs over the top. Cut into 8 slices. 5:47

> **Tip** Serves 8 (our estimate — the cook doesn't give a yield). Add a few drops of stevia to the custard if you like it sweeter, as the cook suggests.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (1/8 flan), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
250 kcal	4.4 g	2.1 g	0 g	25 g	50 mg
1,050 kJ	9% of a day	2.1 g net · 2.2 g sugars	0% of a day	15 g saturated	2% of a day
		1% of a day		32% of a day	

Energy from net carbs 3% · protein 7% · fat 90% — fits keto: 2.1 g net carbs, 90% of the energy from fat

High in (20%+ of a day) Vitamin A 32%

Source of (10–19%) Selenium 17% · Vitamin B12 16% · Omega-3 12%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=Rxp4tMLDW78, published 10 December 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-mexican-flan-allulose-caramel