



Butternut Squash Flan with Parmesan Sage Sauce

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



186 kcal

Ingredients

- ☐ 2.5 pound butternut squash halved lengthwise seeded
- ☐ 4 large egg yolk
- ☐ 2 cups half and half
- ☐ 1.1 ounce parmesan finely grated ()
- ☐ 8 servings sage fresh
- ☐ 4 large sage fresh finely chopped

Equipment

- ☐ food processor

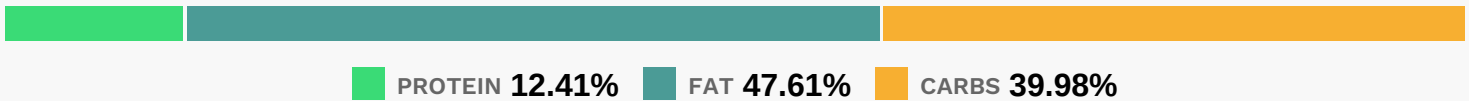
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ cake form
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ wax paper
- ☐ skewers

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Roast squash, cut sides down, in a lightly oiled shallow baking pan until neck is tender, about 1 hour.
- ☐ Remove from oven and reduce oven temperature to 325°F. Cool squash to warm.
- ☐ Butter an 8- by 2-inch round cake pan. Line bottom with a round of parchment or wax paper and butter paper.
- ☐ Scoop flesh from squash, discarding skin, and purée in a food processor until smooth, about 45 seconds. Put 2 cups purée in a bowl, then whisk in whole eggs, 1 cup half-and-half, 2 tablespoons cheese, 1 1/4 teaspoons salt, and 1/2 teaspoon black pepper until combined.
- ☐ Pour squash mixture into cake pan and bake in a water bath until just set and a wooden pick or skewer comes out almost clean, 45 minutes to 1 hour.
- ☐ Remove from water bath and cool flan in pan on a rack 15 minutes. Invert a flat plate over flan, then invert flan onto plate and carefully remove parchment.
- ☐ Meanwhile, bring whole sage leaves and remaining cup half-and-half just to a simmer in a 1- to 2-quart heavy saucepan, then remove from heat and let steep, covered, 10 minutes.

- ☐ Remove sage, carefully squeezing leaves to extract liquid, and discard leaves.
- ☐ Whisk yolks into half-and-half and cook over moderately low heat, stirring constantly with a wooden spoon, until sauce is thick enough to coat back of spoon and registers 170 to 175°F on thermometer, about 4 minutes (do not let boil).
- ☐ Immediately pour sauce through a fine-mesh sieve into a bowl, then add remaining 1/2 cup cheese and chopped sage, stirring until cheese is melted. Stir in 1/4 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Cut flan into wedges with a thin knife, wiping knife clean after each slice.
- ☐ Serve flan with sauce.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.03, Inflammation Score:-10, Nutrition Score:15.914347824843%

Nutrients (% of daily need)

Calories: 186.13kcal (9.31%), Fat: 10.38g (15.98%), Saturated Fat: 5.75g (35.94%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 16.78g (6.1%), Sugar: 5.7g (6.33%), Cholesterol: 115.69mg (38.56%), Sodium: 110.52mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Vitamin A: 15435.65IU (308.71%), Vitamin C: 30.31mg (36.74%), Calcium: 191.34mg (19.13%), Potassium: 592mg (16.91%), Phosphorus: 165.09mg (16.51%), Vitamin E: 2.42mg (16.14%), Copper: 0.3mg (14.99%), Manganese: 0.3mg (14.92%), Magnesium: 56.53mg (14.13%), Vitamin B6: 0.28mg (14.1%), Folate: 52.78µg (13.19%), Vitamin B2: 0.2mg (11.99%), Selenium: 8.3µg (11.86%), Vitamin B1: 0.18mg (11.77%), Fiber: 2.84g (11.36%), Vitamin B5: 1.01mg (10.14%), Vitamin B3: 1.78mg (8.9%), Iron: 1.29mg (7.19%), Vitamin B12: 0.33µg (5.48%), Zinc: 0.75mg (5.03%), Vitamin D: 0.48µg (3.19%), Vitamin K: 2.47µg (2.36%)