



## Caramel-Coated Pumpkin Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



532 kcal

DESSERT

### Ingredients

- ☐ 15 ounce pumpkin puree pure canned
- ☐ 2 tablespoons t brown sugar dark packed ()
- ☐ 4 large egg yolk
- ☐ 4 large eggs
- ☐ 10 servings grapes
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 1.5 teaspoons ground ginger
- ☐ 2 cups cup heavy whipping cream
- ☐ 1 cup sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water

## Equipment

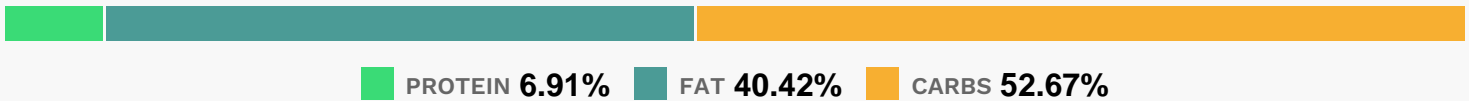
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ pastry brush

## Directions

- ☐ Preheat oven to 325°F.
- ☐ Combine 1 cup sugar and 1/3 cup water in small saucepan. Stir over medium-low heat until sugar dissolves. Increase heat and bring to boil, brushing down sides of pan with wet pastry brush. Boil without stirring until syrup is deep amber color, occasionally brushing down sides and swirling pan, about 12 minutes. Immediately pour caramel into 7- to 8-cup soufflé dish (7 1/2x3 1/2 inches), tilting and rotating dish to coat bottom and 2 inches up sides thickly.
- ☐ Place dish in 13x9x2-inch metal baking pan.
- ☐ Whisk pumpkin, condensed milk, sugar, and spices in large bowl to blend.
- ☐ Whisk in eggs and yolks, then cream and vanilla.
- ☐ Pour custard into prepared dish.
- ☐ Pour enough hot water into baking pan to come 1 1/2 inches up sides of dish.

- ☐ Bake flan until deep brown on top and firmly set in center and blade of small sharp knife inserted into center comes out clean, about 2 hours 10 minutes.
- ☐ Remove flan from water; cool 1 hour. Refrigerate uncovered until very cold, at least 6 hours. (Can be made 2 days ahead. Cover and keep refrigerated.)
- ☐ Cut around flan to loosen.
- ☐ Place platter on flan dish. Holding platter and flan dish together, invert, allowing flan to settle onto platter. Scrape out any caramel syrup remaining in dish and drizzle over flan. Surround flan with frosted grapes.
- ☐ Cut flan into wedges; serve with grapes.

## Nutrition Facts



## Properties

Glycemic Index:19.71, Glycemic Load:37.11, Inflammation Score:-10, Nutrition Score:17.080869581388%

## Nutrients (% of daily need)

Calories: 531.95kcal (26.6%), Fat: 24.76g (38.09%), Saturated Fat: 14.55g (90.91%), Carbohydrates: 72.59g (24.2%), Net Carbohydrates: 69.93g (25.43%), Sugar: 66.44g (73.82%), Cholesterol: 215.12mg (71.71%), Sodium: 101.24mg (4.4%), Alcohol: 0.28g (100%), Alcohol %: 0.11% (100%), Protein: 9.52g (19.05%), Vitamin A: 7714.85IU (154.3%), Vitamin B2: 0.5mg (29.32%), Vitamin K: 27.27µg (25.97%), Selenium: 17.88µg (25.54%), Phosphorus: 235.29mg (23.53%), Calcium: 195.61mg (19.56%), Manganese: 0.37mg (18.6%), Potassium: 567.75mg (16.22%), Copper: 0.24mg (12.21%), Vitamin B5: 1.17mg (11.69%), Vitamin B6: 0.23mg (11.55%), Vitamin B1: 0.16mg (10.86%), Vitamin D: 1.61µg (10.72%), Fiber: 2.66g (10.64%), Vitamin E: 1.59mg (10.6%), Iron: 1.84mg (10.21%), Vitamin B12: 0.56µg (9.36%), Magnesium: 36.53mg (9.13%), Vitamin C: 7.19mg (8.72%), Folate: 33.36µg (8.34%), Zinc: 1.09mg (7.25%), Vitamin B3: 0.57mg (2.84%)