



## Caramelized Orange Pumpkin Flan

 Vegetarian  Gluten Free

READY IN



375 min.

SERVINGS



12

CALORIES



205 kcal

DESSERT

### Ingredients

- 0.1 teaspoon cream of tartar
- 5 large eggs
- 0.5 teaspoon ground allspice
- 0.5 teaspoon mace
- 1.5 cups half and half
- 2 orange zest divided
- 1 cup pumpkin puree homemade
- 0.3 teaspoon salt

- 0.5 cup cream sour
- 1.7 cups sugar divided

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- baking pan
- spatula

## Directions

- Preheat oven to 350 and put a 2 1/4- to 2 1/2-qt. souffl dish in oven to heat.
- Cook 1 cup sugar, 1/4 cup water, and the cream of tartar in a large frying pan over medium-high heat, stirring occasionally, until sugar turns deep golden, 8 to 12 minutes.
- Remove from heat and stir in zest of 1 orange. Protecting hands, remove dish from oven and pour caramelized sugar inside. Tilt dish until syrup thickens and evenly coats bottom and 1 to 2 in. up side.
- Heat a kettle of water to boiling. In a bowl, whisk remaining 2/3 cup sugar and zest of 1 orange with remaining ingredients.
- Pour into souffl dish and set dish in a 9-in. square baking pan. Put pan with dish on oven rack.
- Pour boiling water into pan halfway up side of souffl dish.
- Bake until a knife inserted halfway between center and edge comes out clean, 1 1/4 to 1 1/2 hours.
- Remove dish from water and let cool on a rack, then chill, covered, at least 4 hours.
- Run a thin metal spatula around inside of dish, then invert onto a deep plate. Set souffl dish in hot water 10 minutes to loosen syrup (not all will come off); scrape syrup over flan.
- Cut flan into wedges.

## Nutrition Facts

PROTEIN 7.71% FAT 31.98% CARBS 60.31%

## Properties

Glycemic Index:7.09, Glycemic Load:19.4, Inflammation Score:-9, Nutrition Score:7.0756522676219%

## Nutrients (% of daily need)

Calories: 204.92kcal (10.25%), Fat: 7.5g (11.54%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 31g (11.27%), Sugar: 30.05g (33.39%), Cholesterol: 93.74mg (31.25%), Sodium: 100.96mg (4.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Vitamin A: 3466.25IU (69.33%), Selenium: 7.99µg (11.42%), Vitamin B2: 0.19mg (11.09%), Phosphorus: 85.02mg (8.5%), Calcium: 63.31mg (6.33%), Vitamin B5: 0.53mg (5.3%), Vitamin C: 3.99mg (4.83%), Vitamin B12: 0.26µg (4.38%), Iron: 0.72mg (4%), Potassium: 133.94mg (3.83%), Vitamin E: 0.55mg (3.68%), Vitamin K: 3.87µg (3.68%), Folate: 14.42µg (3.6%), Vitamin B6: 0.07mg (3.49%), Fiber: 0.84g (3.36%), Zinc: 0.46mg (3.09%), Magnesium: 11.87mg (2.97%), Vitamin D: 0.42µg (2.78%), Copper: 0.05mg (2.38%), Manganese: 0.04mg (2.13%), Vitamin B1: 0.03mg (1.8%)