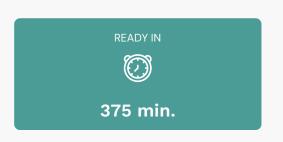
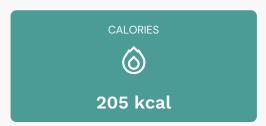


# **Caramelized Orange Pumpkin Flan**







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

0.3 teaspoon salt

1 cup pumpkin puree homemade

	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 21/4- to 21/2-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 mediumhigh 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, 11/4 to 11/2 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**

#### **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: Og (100%), Alcohol %: O% (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%)