



## Carrot Flan with Thyme Crumbs

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

### Ingredients

- ☐ 0.3 cup coarse bread crumbs fresh
- ☐ 1.3 pounds carrots cut into 1-inch lengths
- ☐ 4 large eggs beaten
- ☐ 5 large garlic cloves halved
- ☐ 0.8 cup heavy cream
- ☐ 0.5 cup milk
- ☐ 0.3 cup parmesan cheese freshly grated plus more for sprinkling
- ☐ 6 servings salt and pepper freshly ground
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 1 tablespoon butter unsalted melted

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ broiler

## Directions

- ☐ Preheat the oven to 350°F.
- ☐ Butter a 10-inch glass pie plate and sprinkle it lightly with Parmesan cheese.
- ☐ In a large saucepan, steam the carrots and garlic until very tender, about 25 minutes.
- ☐ Transfer the carrots and garlic to a food processor and puree until smooth.
- ☐ Pour in the heavy cream and milk and process to blend.
- ☐ Add the eggs, 2 tablespoons of the Parmesan cheese, 1 teaspoon of salt and 1/4 teaspoon of pepper and process the mixture until thoroughly blended.
- ☐ Pour the flan mixture into the prepared pie plate. Set the pie plate in a shallow roasting pan and add enough hot water to the pan to reach halfway up the side of the pie plate.
- ☐ Bake for 40 minutes, or until the flan is just set.
- ☐ Meanwhile, in a small bowl, toss the bread crumbs with the melted butter, thyme and the remaining 2 tablespoons of Parmesan cheese. Season the thyme crumbs with salt and pepper.
- ☐ Remove the flan from the water bath. Preheat the broiler.
- ☐ Sprinkle the flan with the thyme crumbs and broil for 30 seconds, or until golden brown.
- ☐ Cut into 6 wedges and serve warm.
- ☐ Make Ahead: The flan can be assembled and refrigerated for 4 hours. Bring to room temperature before baking.

## Nutrition Facts



 **PROTEIN 13.25%**  **FAT 61.46%**  **CARBS 25.29%**

Properties

Glycemic Index:26.64, Glycemic Load:3.61, Inflammation Score:-10, Nutrition Score:14.644347937211%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 261.79kcal (13.09%), Fat: 18.18g (27.97%), Saturated Fat: 10.21g (63.84%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 13.82g (5.02%), Sugar: 6.85g (7.61%), Cholesterol: 168.7mg (56.23%), Sodium: 439.63mg (19.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.64%), Vitamin A: 16547.58IU (330.95%), Selenium: 14.96µg (21.37%), Vitamin B2: 0.33mg (19.69%), Phosphorus: 177.92mg (17.79%), Calcium: 148.86mg (14.89%), Vitamin K: 14.26µg (13.58%), Vitamin B6: 0.25mg (12.64%), Manganese: 0.25mg (12.62%), Potassium: 439.24mg (12.55%), Fiber: 3.02g (12.06%), Vitamin B1: 0.16mg (10.5%), Folate: 41.78µg (10.44%), Vitamin B5: 0.99mg (9.86%), Vitamin D: 1.42µg (9.48%), Vitamin E: 1.34mg (8.93%), Vitamin B12: 0.54µg (8.92%), Vitamin C: 7.07mg (8.57%), Zinc: 1.12mg (7.44%), Iron: 1.31mg (7.27%), Vitamin B3: 1.42mg (7.1%), Magnesium: 25.11mg (6.28%), Copper: 0.1mg (4.84%)