



Citrus-scented Port Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



650 kcal

DESSERT

Ingredients

- 12 large egg yolk
- 5 oz optional: lemon
- 2 cups cream light (cream)
- 0.5 lb cranberry-orange relish
- 0.3 cup port wine
- 1.7 cups sugar
- 2 cups whipping cream

Equipment

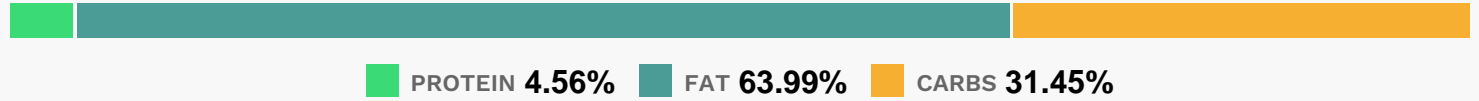
- bowl
- frying pan
- oven
- knife
- whisk
- sieve
- baking pan
- wooden spoon
- peeler
- pie form
- cake server

Directions

- In a 10- to 12-inch frying pan over high heat, tilt and shake 2/3 cup sugar often until it liquefies and turns amber, 3 to 5 minutes. At once, pour into a 10-inch pie pan (at least 6-cup capacity). Quickly tilt pan to spread syrup over bottom; it doesn't need to cover completely.
- Rinse orange and lemon; with a vegetable peeler, pare off colored parts of orange and lemon peel in thin strips. In unwashed frying pan, mix peel and remaining 1 cup sugar, pressing peel with a wooden spoon to release oils.
- Add milk and cream to citrus-sugar mixture. Set over medium-high heat and stir occasionally until steaming (do not boil). Cover pan and remove from heat; let stand 10 to 15 minutes.
- Meanwhile, in a bowl, beat egg yolks and port to blend.
- Pour hot milk mixture through a fine strainer into a 1-quart glass measure; discard peel. Gradually whisk milk mixture into egg yolk mixture until blended.
- Set caramel-lined pie pan in a slightly larger baking pan about 2 inches deep.
- Pour custard mixture over caramel. Carefully transfer both pans to a 350 regular or convection oven.
- Pour about 1 inch boiling water into outer pan.
- Bake until center of custard barely jiggles when pie pan is gently shaken, 40 to 45 minutes. Lift custard from hot water and chill until cold, about 1 1/2 hours; cover and chill at least 12 hours or up to 2 days.

- Run a knife between flan and pan edge. Invert a large rimmed platter over flan; holding pan and platter tightly together, invert and let flan and syrup slip out. Lift off pan.
- Cut flan into wedges and use a pie server to transfer to plates. Spoon syrup equally over portions; garnish with sliced strawberries, if desired.

Nutrition Facts



Properties

Glycemic Index:17.26, Glycemic Load:30.51, Inflammation Score:-7, Nutrition Score:11.346087074798%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Eriodictyol: 3.78mg, Eriodictyol: 3.78mg, Eriodictyol: 3.78mg, Eriodictyol: 3.78mg Hesperetin: 12.67mg, Hesperetin: 12.67mg, Hesperetin: 12.67mg, Hesperetin: 12.67mg Naringenin: 4.44mg, Naringenin: 4.44mg, Naringenin: 4.44mg, Naringenin: 4.44mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 649.76kcal (32.49%), Fat: 46.93g (72.19%), Saturated Fat: 27.69g (173.03%), Carbohydrates: 51.9g (17.3%), Net Carbohydrates: 50.72g (18.44%), Sugar: 47.21g (52.45%), Cholesterol: 408.96mg (136.32%), Sodium: 50.07mg (2.18%), Alcohol: 1.15g (100%), Alcohol %: 0.61% (100%), Protein: 7.52g (15.03%), Vitamin A: 1915.31IU (38.31%), Vitamin C: 25.19mg (30.53%), Selenium: 16.86µg (24.09%), Vitamin B2: 0.35mg (20.31%), Vitamin D: 2.69µg (17.92%), Phosphorus: 177.89mg (17.79%), Folate: 52.45µg (13.11%), Calcium: 130.36mg (13.04%), Vitamin E: 1.81mg (12.06%), Vitamin B12: 0.71µg (11.87%), Vitamin B5: 1.18mg (11.76%), Vitamin B6: 0.16mg (7.9%), Vitamin B1: 0.1mg (6.95%), Potassium: 225.77mg (6.45%), Zinc: 0.92mg (6.12%), Iron: 0.95mg (5.26%), Fiber: 1.18g (4.71%), Magnesium: 14.55mg (3.64%), Vitamin K: 3.7µg (3.52%), Copper: 0.06mg (2.8%), Manganese: 0.04mg (1.91%)