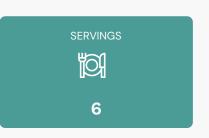


## **Double-Ginger Pumpkin Flans**

Vegetarian

**Gluten Free** 







DESSERT

## Ingredients

0.3 cup sugar

6 large egg yolks
1 teaspoon ginger fresh grated peeled
0.5 teaspoon ground cinnamon
0.5 teaspoon ground ginger
0.5 cup half-and-half
1 cup milk 2% reduced-fat
1 cup pumpkin unsweetened canned

	0.5 cup sugar	
	1 teaspoon vanilla extract	
	0.3 cup water	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	oven	
	knife	
	whisk	
	wire rack	
	sieve	
	ramekin	
	baking pan	
Di	rections	
	Preheat oven to 32	
	To prepare caramel, lightly coat 6 (6-ounce) ramekins with cooking spray.	
	Combine 1/2 cup sugar and 1/4 cup water in a small, heavy saucepan over medium heat. Cook 4 minutes or until sugar dissolves, stirring occasionally. Increase heat to medium-high. Cook, without stirring, 6 minutes or until mixture turns golden around outside edges. Divide evenly into prepared ramekins. Set aside.	
	To prepare flan, combine 1/3 cup sugar and egg yolks in a medium bowl, stirring well with a whisk. Stir in pumpkin and next 3 ingredients (through cinnamon).	
	Combine milk, half-and-half, and fresh ginger.	
	Heat milk mixture over medium-high heat in a heavy saucepan to 180 or until tiny bubbles form around edge (do not boil). Gradually add half of hot milk mixture to egg mixture, stirring constantly with a whisk. Return milk mixture to pan. Reduce heat, and cook to 160, stirring constantly with a whisk .	

	Remove from heat. Strain through a sieve over a large bowl; discard solids.	
	Divide milk mixture evenly among prepared ramekins.	
	Place cups in a 13 x 9inch baking pan; add hot water to pan to a depth of 1-inch.	
	Bake at 325 for 50 minutes or until a knife inserted in center comes out clean.	
	Remove cups from pan; cool completely on a wire rack. Chill at least 8 hours.	
	Carefully loosen edges of custards with a knife. Invert ramekins onto plates.	
	Drizzle any remaining caramel over custards.	
Nutrition Facts		
	PROTEIN 8.9% FAT 30.63% CARBS 60.47%	

## **Properties**

Glycemic Index:26.7, Glycemic Load:19.4, Inflammation Score:-10, Nutrition Score:10.890000037525%

## Nutrients (% of daily need)

Calories: 224.81kcal (11.24%), Fat: 7.82g (12.03%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 33.43g (12.16%), Sugar: 32.09g (35.65%), Cholesterol: 193.8mg (64.6%), Sodium: 41.93mg (1.82%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 5.11g (10.22%), Vitamin A: 6712.08IU (134.24%), Selenium: 11.58µg (16.54%), Phosphorus: 136.48mg (13.65%), Vitamin B2: 0.23mg (13.53%), Calcium: 103.89mg (10.39%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.87mg (8.72%), Manganese: 0.16mg (8.2%), Folate: 32.36µg (8.09%), Vitamin K: 7.05µg (6.71%), Vitamin E: 0.94mg (6.26%), Iron: 1.11mg (6.18%), Vitamin D: 0.92µg (6.12%), Vitamin B6: 0.11mg (5.47%), Potassium: 190.18mg (5.43%), Fiber: 1.3g (5.21%), Zinc: 0.74mg (4.95%), Magnesium: 17.36mg (4.34%), Vitamin B1: 0.06mg (4.09%), Copper: 0.07mg (3.35%), Vitamin C: 2mg (2.42%), Vitamin B3: 0.24mg (1.18%)