



Double-Ginger Pumpkin Flans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 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
- ☐ 0.3 cup sugar

- ☐ 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

Directions

- ☐ 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



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%)