



Lemon Flan with Autumn Fruit Compote

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



470 kcal

DESSERT

Ingredients

- 1 large bosc pear cored peeled cut into 3/4-inch cubes
- 1 cinnamon sticks
- 6 apricot dried
- 6 small figs dried trimmed
- 0.5 cup wine dry white
- 2 large egg yolk
- 2 large eggs
- 1 large golden delicious apple cored peeled cut into 3/4-inch cubes

- 0.3 teaspoon nutmeg
- 2 tablespoons honey
- 1.5 cups wedges honeydew melon peeled (from 10-ounce wedge)
- 2 lemon zest yellow with vegetable peeler in strips)
- 2 lemon zest yellow with vegetable peeler in strips), coarsely chopped
- 2 orange zest with vegetable peeler in strips)
- 6 prune- cut to pieces pitted
- 3 tablespoons raisins dark
- 1 pinch salt
- 0.5 cup sugar
- 5 cups grape juice white
- 2 cups milk whole
- 3 tablespoons frangelico
- 3 tablespoons frangelico

Equipment

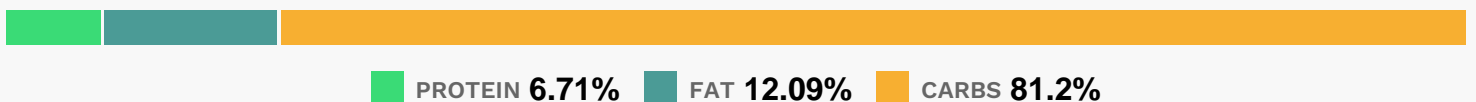
- bowl
- sauce pan
- oven
- knife
- whisk
- ramekin
- baking pan

Directions

- Bring grape juice to boil in heavy large saucepan. Reduce heat to medium-low and simmer uncovered 1 hour.
- Add all remaining ingredients and bring to boil. Reduce heat to medium-low and simmer until fruit is tender and liquid is reduced and slightly syrupy, about 1 hour longer.

- Transfer compote to large bowl.
- Let stand at room temperature until cool, about 2 hours.
- Spoon 2 teaspoons liquid from fruit compote into each of six 3/4-cup ramekins or custard cups.
- Place ramekins in 13x9x2-inch metal baking pan. Cover and refrigerate remaining fruit compote overnight.
- Combine milk, sugar, lemon peel, and salt in medium saucepan; bring to boil. Reduce heat to medium-low.
- Cover and simmer 10 minutes. Uncover and let milk mixture steep at room temperature 1 hour. Return milk mixture to simmer. Strain into small bowl; discard lemon peel.
- Preheat oven to 350F.
- Whisk eggs and egg yolks in medium bowl to blend. Gradually whisk warm milk mixture into egg mixture. Divide custard among prepared souffl dishes.
- Pour enough hot water into baking pan to come halfway up sides of souffl dishes.
- Bake custards until centers are set and thin knife inserted at edge of dish cleanly separates custard from dish, about 45 minutes.
- Remove flans from water. Cool 1 hour. Refrigerate flans uncovered overnight.
- Run small thin knife around flans to loosen. Invert each flan onto plate. Spoon fruit compote and syrup over and around flans and serve.

Nutrition Facts



Properties

Glycemic Index:79.72, Glycemic Load:27.09, Inflammation Score:-7, Nutrition Score:14.920869578486%

Flavonoids

Cyanidin: 2.74mg, Cyanidin: 2.74mg, Cyanidin: 2.74mg, Cyanidin: 2.74mg Petunidin: 2.15mg, Petunidin: 2.15mg, Petunidin: 2.15mg, Petunidin: 2.15mg Delphinidin: 4.05mg, Delphinidin: 4.05mg, Delphinidin: 4.05mg, Delphinidin: 4.05mg Malvidin: 23.56mg, Malvidin: 23.56mg, Malvidin: 23.56mg, Malvidin: 23.56mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 2.23mg, Peonidin: 2.23mg, Peonidin: 2.23mg, Peonidin: 2.23mg Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 4.71mg,

Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 469.84kcal (23.49%), Fat: 6.43g (9.9%), Saturated Fat: 2.71g (16.96%), Carbohydrates: 97.26g (32.42%), Net Carbohydrates: 90.67g (32.97%), Sugar: 79.42g (88.24%), Cholesterol: 132.96mg (44.32%), Sodium: 88.82mg (3.86%), Alcohol: 2.06g (100%), Alcohol %: 0.5% (100%), Protein: 8.04g (16.08%), Manganese: 0.8mg (40.04%), Fiber: 6.59g (26.35%), Vitamin C: 20.81mg (25.22%), Potassium: 865.78mg (24.74%), Phosphorus: 208.94mg (20.89%), Vitamin B2: 0.34mg (19.7%), Calcium: 191.97mg (19.2%), Vitamin B6: 0.31mg (15.66%), Selenium: 10.73µg (15.33%), Vitamin A: 757.27IU (15.15%), Magnesium: 60.32mg (15.08%), Vitamin K: 12.45µg (11.86%), Vitamin B12: 0.7µg (11.63%), Iron: 2.03mg (11.28%), Copper: 0.22mg (11.17%), Vitamin B5: 1.11mg (11.1%), Vitamin B1: 0.16mg (10.36%), Vitamin D: 1.53µg (10.23%), Folate: 32.24µg (8.06%), Zinc: 1.13mg (7.55%), Vitamin B3: 1.27mg (6.36%), Vitamin E: 0.93mg (6.22%)