



Lemon Flan with Autumn Fruit Compote



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



469 kcal

DESSERT

Ingredients

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

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons honey
- ☐ 1.5 cups cubes honeydew melon peeled (from 10-ounce wedge)
- ☐ 2 peel from 1/ lemon yellow with vegetable peeler in strips), coarsely chopped
- ☐ 2 peel from 1/ orange 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 juices reserved from compote
- ☐ 3 tablespoons juices reserved from compote

Equipment

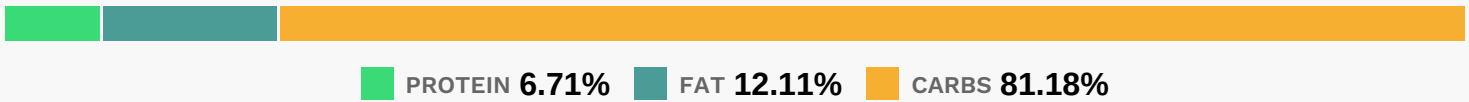
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

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 350°F.
- ☐ Whisk eggs and egg yolks in medium bowl to blend. Gradually whisk warm milk mixture into egg mixture. Divide custard among prepared soufflé dishes.
- ☐ Pour enough hot water into baking pan to come halfway up sides of soufflé 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:14.694347899893%

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: 468.9kcal (23.44%), Fat: 6.43g (9.89%), Saturated Fat: 2.71g (16.96%), Carbohydrates: 96.94g (32.31%),
Net Carbohydrates: 90.56g (32.93%), Sugar: 79.34g (88.15%), Cholesterol: 132.96mg (44.32%), Sodium: 88.7mg
(3.86%), Alcohol: 2.06g (100%), Alcohol %: 0.51% (100%), Protein: 8.01g (16.02%), Manganese: 0.8mg (40.04%),
Fiber: 6.38g (25.5%), Potassium: 862.58mg (24.65%), Vitamin C: 18.23mg (22.1%), Phosphorus: 208.7mg (20.87%),
Vitamin B2: 0.33mg (19.61%), Calcium: 189.29mg (18.93%), Vitamin B6: 0.31mg (15.49%), Selenium: 10.72µg (15.31%),
Vitamin A: 756.27IU (15.13%), Magnesium: 60.02mg (15.01%), Vitamin K: 12.45µg (11.86%), Vitamin B12: 0.7µg
(11.63%), Iron: 2.01mg (11.19%), Copper: 0.22mg (11.08%), Vitamin B5: 1.1mg (11.04%), Vitamin B1: 0.15mg (10.28%),
Vitamin D: 1.53µg (10.23%), Folate: 31.98µg (8%), Zinc: 1.13mg (7.52%), Vitamin B3: 1.26mg (6.32%), Vitamin E:
0.93mg (6.18%)