

Persimmon Flan

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 8 ounce block
- ☐ 3 large egg whites
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups milk 2% reduced-fat
- ☐ 24 slices persimmon ripe peeled thin (4 persimmons)
- ☐ 10 ounces persimmons ripe peeled quartered
- ☐ 0.5 cup pomegranate seeds

- ☐ 1.5 cups sugar divided
- ☐ 0.3 cup water

Equipment

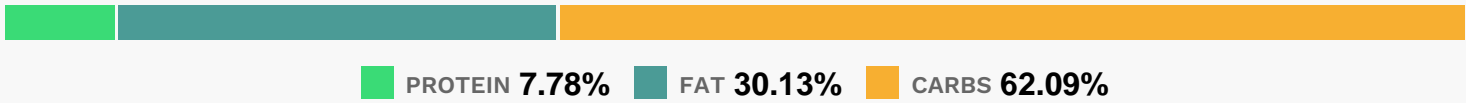
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ spatula
- ☐ broiler pan

Directions

- ☐ Combine 1 cup sugar and water in a small, heavy saucepan over medium-high heat. Cook until sugar dissolves; stir as needed to dissolve sugar evenly. Cook 9 minutes or until golden. Immediately pour into a 9-inch round cake pan, tipping quickly until sugar coats bottom of pan.
- ☐ Place persimmon quarters in a food processor; process until smooth, scraping sides of bowl once.
- ☐ Preheat oven to 35
- ☐ Combine 1/2 cup sugar and flour. Beat cream cheese at medium speed of a mixer until smooth.
- ☐ Add flour mixture; beat until well-blended.
- ☐ Add egg whites and eggs; beat well. Gradually add milk and 1/2 cup persimmon puree; beat well.
- ☐ Pour batter into prepared cake pan.

- ☐ Place cake pan in a broiler pan; add hot water to broiler pan to a depth of 1 inch.
- ☐ Bake at 350 for 1 1/2 hours or until a knife inserted in center comes out clean.
- ☐ Remove cake pan from pan; cool completely on a wire rack. Cover and chill 8 hours.
- ☐ Loosen edges of flan with a knife or rubber spatula.
- ☐ Place a serving plate, upside down, on top of pan; invert flan onto plate.
- ☐ Drizzle any remaining caramelized syrup over flan.
- ☐ Sprinkle with pomegranate seeds; garnish with persimmon slices.

Nutrition Facts



Properties

Glycemic Index:33.91, Glycemic Load:28.07, Inflammation Score:-3, Nutrition Score:5.7686955825142%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 289.24kcal (14.46%), Fat: 10.03g (15.44%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 46.15g (16.78%), Sugar: 34.42g (38.24%), Cholesterol: 63.88mg (21.29%), Sodium: 125.21mg (5.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Vitamin C: 21.23mg (25.73%), Vitamin B2: 0.25mg (14.48%), Selenium: 8.91µg (12.73%), Phosphorus: 101.54mg (10.15%), Calcium: 94.76mg (9.48%), Vitamin A: 406.73IU (8.13%), Potassium: 242.83mg (6.94%), Vitamin B12: 0.4µg (6.63%), Iron: 1.1mg (6.08%), Vitamin B5: 0.51mg (5.07%), Folate: 15.36µg (3.84%), Zinc: 0.51mg (3.43%), Vitamin B1: 0.05mg (3.02%), Vitamin B6: 0.05mg (2.75%), Magnesium: 10.9mg (2.72%), Vitamin E: 0.36mg (2.43%), Vitamin K: 1.95µg (1.86%), Copper: 0.03mg (1.73%), Manganese: 0.03mg (1.71%), Fiber: 0.37g (1.47%), Vitamin D: 0.2µg (1.33%)