



Pumpkin-Cream Cheese Flan

 Vegetarian  Gluten Free

READY IN



375 min.

SERVINGS



15

CALORIES



236 kcal

DESSERT

Ingredients

- 0.8 cup pumpkin canned
- 8 oz philadelphia cream cheese cubed softened
- 5 eggs
- 12 oz evaporated milk canned
- 0.3 cup planters pecans toasted chopped
- 0.1 tsp salt
- 2.3 cups sugar divided
- 2 Tbsp water

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- knife
- wire rack
- blender
- aluminum foil

Directions

- Heat oven to 350F.
- Cook and stir 1 cup sugar in small saucepan on medium heat 5 min. or until completely dissolved and deep golden brown in color. Immediately pour into 9-inch round pan; tilt pan to evenly cover bottom with syrup.
- Blend milk and cream cheese in blender until smooth.
- Add 1 cup of the remaining sugar, eggs, pumpkin and salt; blend well.
- Pour over syrup in pan; cover with foil.
- Place pan in larger pan.
- Add enough water to larger pan to come halfway up side of filled pan.
- Bake 50 to 55 min. or until knife inserted in center comes out clean.
- Remove flan from water-filled pan; place on wire rack. Cool completely. Refrigerate 4 hours.
- Meanwhile, bring remaining sugar and 2 Tbsp. water to boil in small saucepan; cook 5 min. or until golden brown, stirring occasionally.
- Remove from heat.
- Add nuts; stir until evenly coated.
- Spread onto foil-covered baking sheet. Cool completely.
- Run knife around edge of pan to loosen flan just before serving; unmold onto plate. Break nuts into smaller pieces; sprinkle over flan.

Nutrition Facts

PROTEIN 7.61% FAT 35.76% CARBS 56.63%

Properties

Glycemic Index:7.14, Glycemic Load:21.18, Inflammation Score:-8, Nutrition Score:5.8169565745022%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 235.58kcal (11.78%), Fat: 9.63g (14.81%), Saturated Fat: 4.67g (29.21%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 33.8g (12.29%), Sugar: 33.31g (37.01%), Cholesterol: 76.41mg (25.47%), Sodium: 112.73mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin A: 2243.85IU (44.88%), Vitamin B2: 0.19mg (11.05%), Phosphorus: 100.12mg (10.01%), Selenium: 6.62µg (9.45%), Calcium: 86.79mg (8.68%), Vitamin B5: 0.52mg (5.19%), Manganese: 0.1mg (5.04%), Potassium: 141.52mg (4.04%), Zinc: 0.54mg (3.59%), Magnesium: 13.4mg (3.35%), Vitamin B12: 0.2µg (3.33%), Vitamin E: 0.47mg (3.16%), Iron: 0.54mg (3.02%), Folate: 11.9µg (2.98%), Vitamin B6: 0.06mg (2.75%), Copper: 0.05mg (2.61%), Vitamin K: 2.52µg (2.4%), Vitamin B1: 0.03mg (2.26%), Vitamin D: 0.32µg (2.11%), Fiber: 0.51g (2.05%), Vitamin C: 0.96mg (1.17%)