

Pumpkin Flan

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



125 kcal

DESSERT

Ingredients

- 2 egg yolks
- 2 eggs
- 0.3 cup evaporated milk
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg grated
- 0.8 cup solid-pack pumpkin
- 0.7 cup sugar divided
- 1 teaspoon vanilla extract

- 0.5 cup milk whole

Equipment

- baking sheet
- sauce pan
- oven
- whisk
- ramekin
- baking pan

Directions

- Watch how to make this recipe.
- Arrange 8 (4-ounce) ramekins inside a 9 by 13-inch baking pan. Spray ramekins lightly with cooking spray.
- In a small saucepan, heat 1/3 cup sugar over medium heat, stirring constantly, until sugar melts and forms a medium-brown caramel, about 7 minutes. Working quickly, transfer 2 teaspoons of the caramel to each of the ramekins, swirling as soon as you spoon in the caramel (it will harden quickly). Set aside.
- Preheat oven to 350 degrees F.
- Combine milk and evaporated milk in a small saucepan over medium heat until warm. Reduce heat to a low simmer and keep milk warm. Meanwhile, bring about 4 cups water to a boil and keep hot.
- Whisk together eggs, egg yolks, remaining 1/3 cup of sugar, vanilla, nutmeg and cinnamon. Fold pumpkin into egg mixture. Then fold into evaporated milk. Divide filling among ramekins, then place baking sheet in oven.
- Pour hot water into baking pan until it reaches halfway up the sides of the ramekins.
- Bake for 35 to 40 minutes, or until flan is just set.
- Let cool.
- Place a dessert plate on top of each ramekin and invert; flan should slide out, and syrup should flow onto sides of the dish.

Nutrition Facts

PROTEIN 10.72% FAT 24.69% CARBS 64.59%

Properties

Glycemic Index:22.89, Glycemic Load:11.93, Inflammation Score:-9, Nutrition Score:6.9869566611622%

Nutrients (% of daily need)

Calories: 124.69kcal (6.23%), Fat: 3.49g (5.37%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 19.7g (7.16%), Sugar: 19.09g (21.21%), Cholesterol: 93.63mg (31.21%), Sodium: 33.33mg (1.45%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 3.41g (6.82%), Vitamin A: 3743.31IU (74.87%), Selenium: 6.57µg (9.39%), Vitamin B2: 0.14mg (8.01%), Phosphorus: 79.21mg (7.92%), Calcium: 60.2mg (6.02%), Vitamin B5: 0.5mg (5.03%), Vitamin B12: 0.28µg (4.68%), Manganese: 0.09mg (4.5%), Vitamin D: 0.64µg (4.26%), Folate: 15.24µg (3.81%), Iron: 0.68mg (3.8%), Vitamin K: 3.91µg (3.72%), Potassium: 116.73mg (3.34%), Vitamin E: 0.5mg (3.34%), Fiber: 0.82g (3.3%), Vitamin B6: 0.06mg (3.06%), Zinc: 0.42mg (2.78%), Magnesium: 10.99mg (2.75%), Copper: 0.04mg (2.05%), Vitamin B1: 0.03mg (2.04%), Vitamin C: 1.13mg (1.37%)