



Pumpkin Flan

 Vegetarian  Gluten Free

READY IN



145 min.

SERVINGS



8

CALORIES



508 kcal

DESSERT

Ingredients

- 7 large egg yolk
- 2 cups granulated sugar
- 0.1 teaspoon ground allspice
- 1 tablespoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.1 teaspoon mace
- 0.1 teaspoon nutmeg
- 1.5 cups cup heavy whipping cream

- 0.3 cup juice of lemon
- 15 ounce pumpkin diced peeled canned
- 0.1 teaspoon salt
- 0.3 cup butter unsalted melted
- 1 vanilla pod split
- 1 cup water
- 3 large eggs whole
- 1 cup milk whole

Equipment

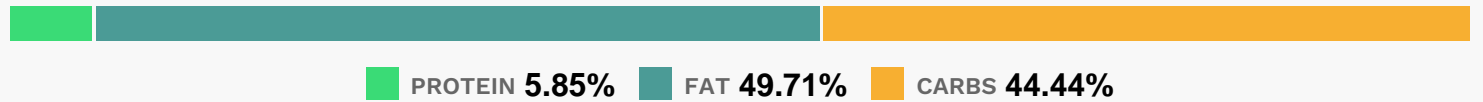
- sauce pan
- oven
- whisk
- pot
- ramekin
- pastry brush
- glass baking pan

Directions

- Whisk the egg yolks and eggs together until frothy; set aside. In a large heavy-bottomed saucepan over medium heat, combine the cream, milk, sugar, scraped vanilla beans, vanilla pod and salt and bring to a boil. Temper by whisking a portion of the cream mixture into the beaten eggs.
- Add the combined mixture back into the boiled cream and whisk thoroughly.
- Combine sugar, lemon juice, and 1 cup water in a medium saucepot over medium heat. With a wet pastry brush, wipe down the sides of the saucepan. Cook the caramel until it achieves an amber color.
- Remove from heat immediately. To assemble: Preheat oven to 300°F. Set a medium pot of water over high heat to boil.

- Pour the caramel into 1/2-cup or 1-cup ramekins and immediately pour the caramel out so the cups are lined with caramel.
- Let the caramel harden in the ramekins, then fill the ramekins to three-quarters height with the flan. Create a water bath by putting the ramekins into a glass baking dish and then adding enough of the boiling water to two-thirds height of the ramekins. Cover the flan and bake until the flan sets (i.e., it will not jiggle), about 45 minutes.
- Serve in the cups with whipped cream.

Nutrition Facts



Properties

Glycemic Index:33.76, Glycemic Load:37.77, Inflammation Score:-10, Nutrition Score:13.73565217723%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 508.01kcal (25.4%), Fat: 28.93g (44.51%), Saturated Fat: 16.53g (103.31%), Carbohydrates: 58.18g (19.39%), Net Carbohydrates: 57.33g (20.85%), Sugar: 54.52g (60.58%), Cholesterol: 299.74mg (99.91%), Sodium: 97.35mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.32%), Vitamin A: 5727.44IU (114.55%), Selenium: 16.58µg (23.68%), Vitamin B2: 0.36mg (21.32%), Phosphorus: 178.33mg (17.83%), Vitamin D: 2.33µg (15.56%), Manganese: 0.28mg (14.03%), Calcium: 121.95mg (12.19%), Vitamin E: 1.77mg (11.81%), Vitamin B12: 0.71µg (11.75%), Vitamin B5: 1.14mg (11.4%), Folate: 42.68µg (10.67%), Vitamin C: 8.06mg (9.77%), Potassium: 326.73mg (9.34%), Vitamin B6: 0.16mg (7.81%), Iron: 1.33mg (7.4%), Zinc: 1.03mg (6.83%), Vitamin B1: 0.09mg (5.93%), Copper: 0.11mg (5.65%), Magnesium: 17.88mg (4.47%), Fiber: 0.85g (3.4%), Vitamin K: 3.12µg (2.97%), Vitamin B3: 0.42mg (2.11%)