



Pumpkin Flan



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 1 cup pumpkin canned
- ☐ 0.3 cup coconut or flaked
- ☐ 3 egg whites
- ☐ 3 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 2.5 cups skim milk
- ☐ 1 cup sugar divided
- ☐ 1 teaspoon vanilla extract

Equipment


- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ roasting pan
- ☐ spatula
- ☐ oven mitt

Directions

- ☐ Sprinkle 1/2 cup sugar in a 9-inch round cakepan. Cook over medium-high heat, shaking pan occasionally using oven mitts, until sugar melts and turns a light golden brown; set aside. (
- ☐ Mixture may crack slightly as it cools.)
- ☐ Heat milk and remaining 1/2 cup sugar in a heavy saucepan, stirring constantly, until hot and frothy.
- ☐ Beat eggs, egg whites, and next 3 ingredients at medium speed with an electric mixer until blended; gradually add hot milk mixture, beating at low speed.
- ☐ Pour mixture over caramelized sugar, and place cakepan in a roasting pan.
- ☐ Pour hot water into roasting pan to a depth of 1 inch.
- ☐ Bake at 350 for 1 hour or until a knife inserted in center of flan comes out clean.
- ☐ Remove pan from water; cool on a wire rack. Cover and chill.
- ☐ Bake coconut in a shallow pan at 350, stirring occasionally, 5 to 6 minutes or until toasted. Cool.
- ☐ Loosen edges of flan with a spatula, and invert onto a serving plate.
- ☐ Sprinkle with coconut.

Nutrition Facts



 PROTEIN **14.23%**  FAT **17.78%**  CARBS **67.99%**

Properties

Glycemic Index:13.54, Glycemic Load:18.7, Inflammation Score:-10, Nutrition Score:10.716521724411%

Nutrients (% of daily need)

Calories: 184.95kcal (9.25%), Fat: 3.75g (5.76%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 32.23g (10.74%), Net Carbohydrates: 30.78g (11.19%), Sugar: 30.24g (33.6%), Cholesterol: 72.05mg (24.02%), Sodium: 79.52mg (3.46%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 6.74g (13.49%), Vitamin A: 5024.34IU (100.49%), Vitamin B2: 0.26mg (15.29%), Selenium: 10.31µg (14.73%), Phosphorus: 137.12mg (13.71%), Calcium: 123.81mg (12.38%), Vitamin B12: 0.62µg (10.35%), Manganese: 0.17mg (8.66%), Vitamin D: 1.22µg (8.11%), Vitamin B5: 0.73mg (7.27%), Potassium: 251.9mg (7.2%), Fiber: 1.45g (5.82%), Magnesium: 22.32mg (5.58%), Vitamin B6: 0.1mg (5.12%), Iron: 0.88mg (4.92%), Vitamin K: 5.04µg (4.8%), Zinc: 0.7mg (4.69%), Vitamin B1: 0.06mg (3.99%), Copper: 0.07mg (3.72%), Folate: 14.72µg (3.68%), Vitamin E: 0.54mg (3.59%), Vitamin C: 1.34mg (1.62%), Vitamin B3: 0.25mg (1.25%)