



Pumpkin Flan With Caramel-Anise Syrup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon anise extract
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons cornstarch
- ☐ 0.3 cup rum dark
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground allspice

- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 cup milk 2% low-fat
- ☐ 2 cups pumpkin puree unsweetened canned
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water

Equipment

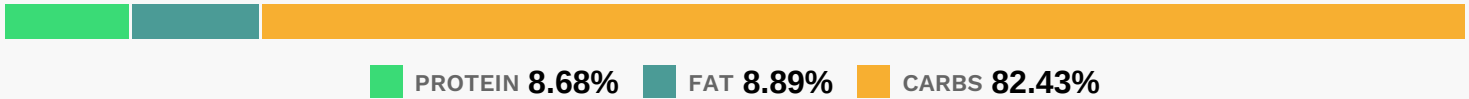
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ cake form
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 35
- ☐ Combine granulated sugar and water in a small heavy saucepan, and cook over medium heat 8 minutes or until golden, stirring gently. Immediately stir in anise extract; pour into a 6 1/2-cup metal ring mold coated with cooking spray, tipping quickly until caramelized sugar coats bottom of pan. Set aside.
- ☐ Combine Pumpkin Pure and brown sugar in a blender or food processor, and process until smooth.
- ☐ Add cornstarch and next 5 ingredients (cornstarch through egg white); process until smooth.
- ☐ Add milk, rum, and vanilla; process until smooth.

- ☐ Pour into mold, and cover with foil.
- ☐ Place mold in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake flan at 350 for 1 hour or until a knife inserted in center comes out clean.
- ☐ Remove mold from pan, and cool, uncovered, on a wire rack. Cover and chill at least 3 hours.
- ☐ Loosen edge of flan with a knife or rubber spatula.
- ☐ Place a plate upside down on top of mold; invert flan onto plate.
- ☐ Drizzle any remaining caramelized syrup over flan.
- ☐ Garnish with star anise, if desired.
- ☐ Note: If you don't have a 6 1/2-cup ring mold, substitute a 9-inch round cake pan.
- ☐ Note: Anise extract can be found in the spice section of your local supermarket.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:8.73, Inflammation Score:-10, Nutrition Score:9.3639129970385%

Nutrients (% of daily need)

Calories: 184.46kcal (9.22%), Fat: 1.7g (2.61%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 35.43g (11.81%), Net Carbohydrates: 33.6g (12.22%), Sugar: 29.44g (32.71%), Cholesterol: 47.97mg (15.99%), Sodium: 116.45mg (5.06%), Alcohol: 2.68g (100%), Alcohol %: 2.28% (100%), Protein: 3.73g (7.46%), Vitamin A: 9658IU (193.16%), Vitamin K: 9.87µg (9.4%), Vitamin B2: 0.15mg (8.99%), Selenium: 5.85µg (8.36%), Phosphorus: 78.64mg (7.86%), Fiber: 1.83g (7.34%), Calcium: 72.85mg (7.28%), Iron: 1.21mg (6.72%), Manganese: 0.13mg (6.45%), Potassium: 217.94mg (6.23%), Vitamin B5: 0.57mg (5.69%), Magnesium: 21.24mg (5.31%), Vitamin E: 0.79mg (5.24%), Vitamin B12: 0.29µg (4.92%), Copper: 0.09mg (4.39%), Vitamin B6: 0.08mg (3.98%), Vitamin D: 0.57µg (3.83%), Folate: 14.14µg (3.54%), Vitamin C: 2.61mg (3.16%), Zinc: 0.41mg (2.73%), Vitamin B1: 0.04mg (2.49%), Vitamin B3: 0.29mg (1.46%)