



Pumpkin-Maple Crème Caramel

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

DESSERT

Ingredients

- 0.5 cup pumpkin canned
- 0.3 cup brown sugar dark packed
- 3 large eggs
- 12 ounce evaporated skim milk canned
- 0.5 cup granulated sugar
- 0.3 teaspoon ground nutmeg
- 0.5 cup milk 2% reduced-fat
- 2 tablespoons maple syrup

- 0.1 teaspoon salt
- 0.5 teaspoon vanilla extract
- 0.3 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- ramekin
- baking pan
- spatula

Directions

- Preheat oven to 325
- Combine 1/2 cup sugar and 1/4 cup water in a small, heavy saucepan over medium heat; cook until sugar dissolves, stirring frequently. Continue cooking until golden (about 4 minutes). Immediately pour into 6 (6-ounce) ramekins or custard cups coated with cooking spray, tilting each cup quickly until caramelized sugar coats bottom of cup. Set aside.
- Beat brown sugar, syrup, and eggs in a medium bowl with a whisk.
- Add pumpkin and next 5 ingredients (pumpkin through evaporated milk), stirring until well-blended. Divide mixture evenly among prepared custard cups.
- Place cups in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- Bake at 325 for 1 hour and 10 minutes or until a knife inserted in center comes out clean.
- Remove cups from pan. Cover and chill at least 4 hours.
- Loosen edges of custards with a knife or rubber spatula.
- Place a dessert plate, upside down, on top of each cup; invert onto plates.
- Drizzle any remaining caramelized syrup over custards.

Garnish with freshly grated nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:29.43, Glycemic Load:13.29, Inflammation Score:-9, Nutrition Score:10.748695798542%

Nutrients (% of daily need)

Calories: 226.76kcal (11.34%), Fat: 3.02g (4.65%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 42.4g (14.13%), Net Carbohydrates: 41.8g (15.2%), Sugar: 40.77g (45.31%), Cholesterol: 96.84mg (32.28%), Sodium: 164.14mg (7.14%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 8.32g (16.65%), Vitamin A: 3555.99IU (71.12%), Vitamin B2: 0.43mg (25%), Calcium: 225.43mg (22.54%), Phosphorus: 185.99mg (18.6%), Selenium: 9.91µg (14.16%), Vitamin D: 1.63µg (10.89%), Manganese: 0.21mg (10.44%), Vitamin B5: 0.97mg (9.7%), Potassium: 324.72mg (9.28%), Vitamin B12: 0.46µg (7.71%), Magnesium: 27.96mg (6.99%), Zinc: 1.02mg (6.78%), Iron: 1mg (5.53%), Folate: 20.47µg (5.12%), Vitamin B6: 0.1mg (4.89%), Vitamin B1: 0.05mg (3.52%), Vitamin E: 0.48mg (3.23%), Vitamin K: 3.38µg (3.22%), Copper: 0.06mg (2.99%), Fiber: 0.61g (2.44%), Vitamin C: 1.58mg (1.91%), Vitamin B3: 0.23mg (1.16%)