



## Rum-Sweet Potato Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



253 kcal

DESSERT

### Ingredients

- 1 teaspoon butter melted
- 3 tablespoons rum dark
- 4 large eggs
- 12 ounce evaporated milk low-fat canned
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon salt
- 1 cup sugar divided
- 3 cups sweet potatoes and into cubed peeled (1-inch) (1 pound)

- 2 teaspoons vanilla extract

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- baking pan
- cake form
- spatula

## Directions

- Preheat oven to 30
- Cook sweet potato in boiling water 10 minutes or until tender, and drain. Mash sweet potato with a fork until smooth.
- Place 1/2 cup sugar in a small, heavy saucepan. Cook sugar over medium heat 5 minutes or until golden, stirring as needed to dissolve the sugar evenly. Immediately pour into an 8-inch round cake pan coated with cooking spray, tipping the pan back and forth quickly until caramelized sugar coats the bottom.
- Place sweet potato, 1/2 cup sugar, rum, and remaining ingredients in a large bowl, stirring well with a whisk.
- Pour sweet potato mixture into prepared pan.
- Place pan in a 13 x 9-inch baking dish; add hot water to dish to a depth of 1 inch.
- Bake at 300 for 1 1/2 hours or until a knife inserted in center comes out clean.
- Remove pan from dish; cool completely on a wire rack. Cover and chill at least 3 hours.
- Loosen flan's edge with a knife or rubber spatula.
- Place a dessert plate, upside down, on top of the pan; invert flan onto the plate.

Drizzle any remaining caramelized syrup over the flan.

## Nutrition Facts



### Properties

Glycemic Index:24.76, Glycemic Load:22.41, Inflammation Score:-10, Nutrition Score:10.948695716651%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

### Nutrients (% of daily need)

Calories: 252.96kcal (12.65%), Fat: 6.21g (9.55%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 39.61g (13.2%), Net Carbohydrates: 38.05g (13.84%), Sugar: 31.53g (35.03%), Cholesterol: 106.68mg (35.56%), Sodium: 148.77mg (6.47%), Alcohol: 2.22g (100%), Alcohol %: 1.88% (100%), Protein: 6.84g (13.68%), Vitamin A: 7328.39IU (146.57%), Vitamin B2: 0.29mg (16.78%), Phosphorus: 159.78mg (15.98%), Calcium: 141.74mg (14.17%), Selenium: 9.11µg (13.02%), Vitamin B5: 1.05mg (10.55%), Potassium: 334.22mg (9.55%), Vitamin B6: 0.17mg (8.43%), Manganese: 0.16mg (8.22%), Magnesium: 25.88mg (6.47%), Fiber: 1.56g (6.25%), Zinc: 0.81mg (5.39%), Copper: 0.1mg (5.21%), Folate: 20.66µg (5.17%), Vitamin B12: 0.29µg (4.86%), Iron: 0.85mg (4.72%), Vitamin B1: 0.07mg (4.63%), Vitamin D: 0.54µg (3.62%), Vitamin E: 0.48mg (3.18%), Vitamin C: 2.01mg (2.44%), Vitamin B3: 0.39mg (1.93%), Vitamin K: 1.31µg (1.25%)