



Sweet Potato Buttered Rum Flan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 2 tablespoons butter melted
- 0.5 teaspoon canola oil
- 3 large eggs
- 0.5 cup granulated sugar
- 0.3 teaspoon ground cinnamon
- 1.5 cups milk 1% low-fat
- 0.1 teaspoon grating nutmeg whole grated

- 2 tablespoons rum white
- 0.1 teaspoon salt
- 1 cup sweet potatoes and into leftover mashed
- 1 tablespoon water

Equipment

- frying pan
- sauce pan
- oven
- knife
- wire rack
- blender
- baking pan
- cake form

Directions

- Preheat oven to 32
- Coat an 8-inch metal cake pan with high sides with canola oil, tipping to fully coat.
- Combine granulated sugar and water in a small heavy saucepan over medium-high heat; cook for 5 minutes or until golden. Immediately pour into prepared pan, tipping quickly until caramelized sugar coats bottom of pan.
- Place sweet potato and next 7 ingredients (through eggs) in a blender; process until smooth.
- Add milk; process just until blended.
- Pour mixture over caramel in pan.
- Place pan in a 13 x 9-inch glass or ceramic baking dish; add hot water to dish to a depth of 1 inch.
- Bake at 325 for 1 hour or until a knife inserted in center comes out clean.
- Remove pan from water. Cool completely on a wire rack. Cover and chill for 8 hours or overnight. Invert flan onto a platter, and cut into 8 wedges.
- Drizzle any remaining caramel syrup over flan.

Nutrition Facts

PROTEIN 8.69% FAT 25.09% CARBS 66.22%

Properties

Glycemic Index:33.51, Glycemic Load:10.39, Inflammation Score:-9, Nutrition Score:6.4065216805624%

Nutrients (% of daily need)

Calories: 196.8kcal (9.84%), Fat: 5.35g (8.23%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 31.24g (11.36%), Sugar: 28.78g (31.98%), Cholesterol: 79.49mg (26.5%), Sodium: 115.98mg (5.04%), Alcohol: 1.25g (100%), Alcohol %: 1.38% (100%), Protein: 4.17g (8.34%), Vitamin A: 2634.25IU (52.69%), Selenium: 7.06µg (10.09%), Vitamin B2: 0.16mg (9.5%), Phosphorus: 92.16mg (9.22%), Calcium: 84.38mg (8.44%), Vitamin B12: 0.44µg (7.38%), Vitamin B5: 0.6mg (6.02%), Vitamin D: 0.86µg (5.75%), Vitamin B6: 0.1mg (4.95%), Potassium: 172.1mg (4.92%), Manganese: 0.07mg (3.57%), Zinc: 0.49mg (3.29%), Magnesium: 13.14mg (3.28%), Vitamin B1: 0.05mg (3.08%), Iron: 0.54mg (3.01%), Folate: 11.8µg (2.95%), Vitamin E: 0.38mg (2.5%), Copper: 0.05mg (2.4%), Fiber: 0.54g (2.15%)