

Sweet Potato Flan



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



199 kcal

DESSERT

Ingredients

- ☐ 4 large eggs
- ☐ 1 cup half and half
- ☐ 2 tablespoons port wine
- ☐ 1 large cubes red-skinned sweet potato (yam; 12 ounces)
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar divided
- ☐ 2 tablespoons water
- ☐ 0.5 cup whipping cream

Equipment

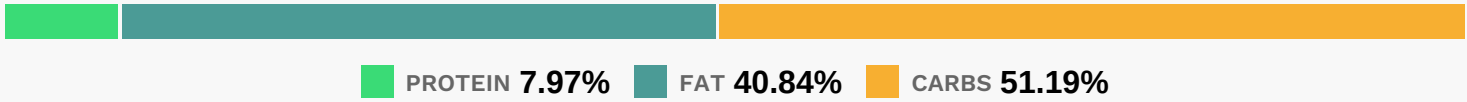
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ cake form
- ☐ pastry brush
- ☐ pot holder

Directions

- ☐ Preheat oven to 350°F. Pierce sweet potato with fork; roast until tender, 1 to 1 1/2 hours, depending on width of potato. Cool.
- ☐ Cut potato in half and scoop flesh into mini processor; puree until smooth. Measure 1 cup puree (reserve any remaining puree for another use). Maintain oven temperature.
- ☐ Stir 1/2 cup sugar and 2 tablespoons water in medium saucepan over medium-low heat until sugar dissolves. Increase heat to high and boil without stirring until syrup turns deep amber, occasionally swirling pan and brushing down sides with wet pastry brush, about 5 minutes. Immediately pour caramel into 8-inch-diameter metal cake pan, leaving about 2 tablespoons caramel in saucepan. Using pot holders, swirl cake pan, allowing caramel to coat bottom and about 1/2 inch up sides.
- ☐ Add half and half to remaining caramel in saucepan. Stir over medium-low heat until caramel dissolves.
- ☐ Whisk eggs in medium bowl until frothy.
- ☐ Whisk in cream, salt, 1 cup sweet potato puree, and remaining 1/2 cup sugar. Gradually whisk in hot half and half mixture. Strain into same saucepan. Stir over medium heat 1 minute.
- ☐ Remove from heat; whisk in Port.
- ☐ Pour custard into prepared cake pan.
- ☐ Place cake pan in large roasting pan.
- ☐ Add enough hot water to roasting pan to come halfway up sides of cake pan.

- ☐ Bake until just set in center, about 1 hour.
- ☐ Remove flan from water. Chill until cold, about 5 hours. DO AHEAD: Can be made 1 day ahead. Cover; keep chilled.
- ☐ Dip bottom and 1 inch up sides of cake pan into pan of hot water 15 seconds. Wipe dry. Invert onto rimmed plate, scraping caramel in pan over flan.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:13.96, Inflammation Score:-9, Nutrition Score:7.3521738259689%

Flavonoids

Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Malvidin: 2.84mg, Malvidin: 2.84mg, Malvidin: 2.84mg, Malvidin: 2.84mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 198.76kcal (9.94%), Fat: 9.07g (13.96%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 25.58g (8.53%), Net Carbohydrates: 24.99g (9.09%), Sugar: 22.78g (25.31%), Cholesterol: 96.32mg (32.11%), Sodium: 111.61mg (4.85%), Alcohol: 0.46g (100%), Alcohol %: 0.58% (100%), Protein: 3.98g (7.97%), Vitamin A: 3827.84IU (76.56%), Vitamin B2: 0.18mg (10.83%), Selenium: 7.44µg (10.63%), Phosphorus: 79.48mg (7.95%), Vitamin B5: 0.57mg (5.67%), Calcium: 52.35mg (5.24%), Vitamin B6: 0.1mg (5.09%), Manganese: 0.1mg (5%), Vitamin C: 3.82mg (4.63%), Potassium: 159.52mg (4.56%), Vitamin B12: 0.24µg (4.05%), Vitamin D: 0.59µg (3.94%), Vitamin E: 0.51mg (3.39%), Zinc: 0.44mg (2.95%), Folate: 11.68µg (2.92%), Iron: 0.52mg (2.87%), Magnesium: 10.81mg (2.7%), Copper: 0.05mg (2.51%), Vitamin B1: 0.04mg (2.5%), Fiber: 0.59g (2.38%), Vitamin B3: 0.32mg (1.62%), Vitamin K: 1.17µg (1.11%)