

Pumpkin Flan

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|-----|------|------------------------|---|-----|-----------------|
| 1 | cup | pumpkin, canned | ¾ | tsp | ground cinnamon |
| 2 | each | eggs | ¼ | tsp | ground nutmeg |
| 1 | cup | almond milk, chocolate | ½ | tsp | ground cardamom |
| 1/3 | cup | pure maple syrup | ½ | tsp | salt |
| 1 | tsp | vanilla extract | | | |



Procedure

- 1 Heat milk to just about boiling.
- 2 In a separate bowl, whisk eggs and all other ingredients together. Slowly temper egg mixture with the hot milk, adding gradually all milk into the bowl. Whisk well and pour into ramekin's.
- 3 Place ramekin's in a pan big enough to hold the 6 cups. Fill pan with water ½ way up the ramekin.
- 4 Cook at 300° F until set. Let cool, take ramekin's out of water and refrigerate.

Servings: 6

Nutrition Facts

Serving size: 1/6 of a recipe (4.1 ounces).

Amount Per Serving	
Calories	108.91
Calories From Fat (20%)	22.12
% Daily Value	
Total Fat 2.47g	4%
Saturated Fat 0.69g	3%
Cholesterol 62mg	21%
Sodium 338.76mg	14%
Potassium 196.67mg	6%
Total Carbohydrates 18.21g	6%
Fiber 1.67g	7%
Sugar 15.03g	
Protein 3.91g	8%

Recipe Type

Dessert