

Pumpkin Flan

Publix Thanksgiving

Publix Aprons

Servings: 8

1 cup sugar

1/4 cup water

1 can (12 ounce) evaporated milk

1 can (14 ounce) sweetened condensed milk

1 can (15 ounce) pumpkin

5 large eggs

2 teaspoons vanilla extract

1/4 teaspoon ground nutmeg

1/4 teaspoon ground cinnamon

Preparation Time: 15 minutes

Preheat the oven to 350 degrees.

In a small bowl, combine the sugar and water. Stir to blend into a wet sand-like mixture. Pour into a small saucepan on medium heat. Cook, without stirring, for 4 to 5 minutes or until golden. Reduce the heat to low. Simmer for 2 to 3 more minutes or until caramel colored.

Pour the sugar mixture into the bottom of a deep ten-inch pie pan. Carefully swirl the caramel to coat the bottom of the pan (the pan may be very hot).

In a bowl, combine the evaporated milk, condensed milk, pumpkin, eggs, vanilla, nutmeg and cinnamon. Whisk until blended and smooth. Pour into the pie pan. Place the pie pan into a large roasting pan. Fill the roasting pan with about one inch of warm water.

Bake the flan for 50 to 60 minutes or until a knife inserted in the center comes out clean.

Remove the pie pan from the water bath. Cool on a wire rack for 30 minutes.

Chill for three hours.

Run a small spatula or knife between the edge of the flan and the pan. Invert on a serving plate and shake gently to release. Slice and serve.

Per Serving (excluding unknown items): 315 Calories; 9g Fat (25.0% calories from fat); 9g Protein; 51g Carbohydrate; trace Dietary Fiber; 155mg Cholesterol; 126mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 1 1/2 Fat; 3 Other Carbohydrates.