



Corn Custard with Chorizo and Mushrooms

 Gluten Free

READY IN



4500 min.

SERVINGS



8

CALORIES



499 kcal

Ingredients

- ☐ 8 servings butter for greasing baking dish
- ☐ 20 ounce corn kernels frozen thawed (4 cups)
- ☐ 4 ounces cream cheese softened
- ☐ 0.8 pound cremini mushrooms trimmed thinly sliced
- ☐ 6 large eggs
- ☐ 1 tablespoon jalapeño chile including seeds fresh finely chopped
- ☐ 2.5 cups monterrey jack cheese grated
- ☐ 2 tablespoons olive oil
- ☐ 0.8 teaspoon salt

- ☐ 1 cup scallions finely chopped
- ☐ 0.5 pound chorizo spanish quartered (cured spiced pork sausage)
- ☐ 2 tablespoons sugar
- ☐ 1 cup milk whole
- ☐ 0.3 cup cornmeal yellow (not coarse)

Equipment

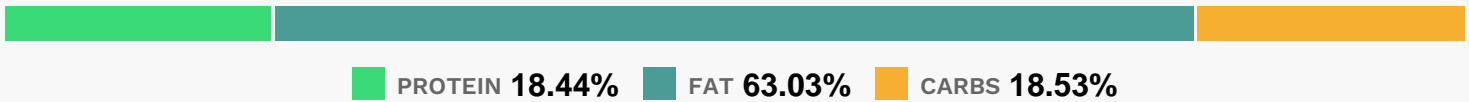
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F. Lightly butter baking dish.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté chorizo, stirring occasionally, until browned, 6 to 8 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain briefly, then transfer chorizo to baking dish. Reserve fat in skillet.
- ☐ Add remaining tablespoon oil to fat in skillet and heat over moderately high heat, then sauté mushrooms, stirring occasionally, until liquid mushrooms give off is evaporated and mushrooms are browned, about 8 minutes.
- ☐ Add chile and sauté, stirring, until softened, about 1 minute.
- ☐ Transfer to baking dish with chorizo.
- ☐ Purée 2 cups corn with cream cheese, cornmeal, and sugar in a food processor until as smooth as possible (mixture will still be grainy).
- ☐ Whisk together eggs, milk, and salt in a large bowl until combined well.

- ☐ Whisk in corn purée, scallions, 1 1/2 cups cheese, and remaining 2 cups corn until combined.
- ☐ Pour mixture into baking dish and sprinkle evenly with remaining cup cheese.
- ☐ Bake until puffed, set, and golden, 50 minutes to 1 hour. Cool slightly before serving.
- ☐ Serve warm or at room temperature.
- ☐ Custard can be baked 1 day ahead, though texture will not be as light or creamy. Cool completely, uncovered, then chill, covered. Reheat, uncovered, in a 350°F oven 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:46.57, Glycemic Load:6.01, Inflammation Score:-7, Nutrition Score:17.880434865537%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 499.41kcal (24.97%), Fat: 35.59g (54.75%), Saturated Fat: 17.19g (107.43%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 20.87g (7.59%), Sugar: 9.66g (10.74%), Cholesterol: 217.37mg (72.46%), Sodium: 721.94mg (31.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.43g (46.86%), Selenium: 30.46µg (43.52%), Vitamin B2: 0.68mg (39.7%), Phosphorus: 381.86mg (38.19%), Calcium: 356.5mg (35.65%), Vitamin K: 30.08µg (28.64%), Vitamin A: 1116.76IU (22.34%), Folate: 73.02µg (18.26%), Zinc: 2.7mg (17.97%), Vitamin B5: 1.79mg (17.93%), Copper: 0.3mg (15.24%), Vitamin B12: 0.87µg (14.56%), Potassium: 490.7mg (14.02%), Vitamin B3: 2.69mg (13.43%), Iron: 2.25mg (12.48%), Vitamin B6: 0.25mg (12.3%), Manganese: 0.22mg (11.17%), Fiber: 2.67g (10.69%), Magnesium: 41.99mg (10.5%), Vitamin E: 1.47mg (9.81%), Vitamin B1: 0.14mg (9%), Vitamin D: 1.34µg (8.93%), Vitamin C: 5.71mg (6.92%)