



Corn Flan

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



281 kcal

Ingredients

- ☐ 4 cups corn kernels) fresh
- ☐ 2.4 ounce demi-glace sauce mix
- ☐ 6 large eggs
- ☐ 1.5 cups half-and-half
- ☐ 0.3 cup olive oil
- ☐ 1 cup parsley fresh italian chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt

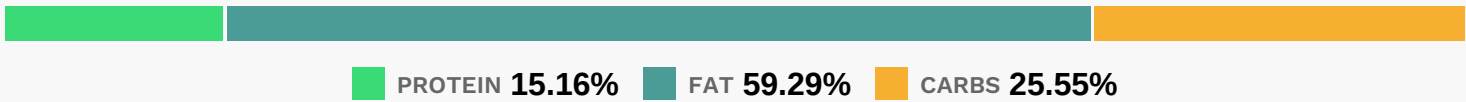
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Process corn in a blender until smooth, stopping to scrape down sides.
- ☐ Add half-and-half and next 3 ingredients; process until smooth.
- ☐ Pour mixture through a fine wire-mesh strainer into a bowl, discarding solids.
- ☐ Pour mixture into 8 (6-ounce) buttered custard cups or ramekins.
- ☐ Place cups in a 13- x 9-inch baking dish.
- ☐ Add hot water to dish to a depth of 1 inch.
- ☐ Bake at 350 for 25 minutes or until set.
- ☐ Remove custards from water, and cool 5 minutes on a wire rack. Invert onto plates.
- ☐ Prepare demi-glace sauce according to package directions.
- ☐ Process parsley and oil in blender until smooth.
- ☐ Serve demi-glace sauce and parsley oil with corn flan.
- ☐ Note: For demi-glace sauce mix we used Knorr brand.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:14.757391266201%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 281.12kcal (14.06%), Fat: 19.21g (29.55%), Saturated Fat: 5.85g (36.58%), Carbohydrates: 18.63g (6.21%), Net Carbohydrates: 16.9g (6.15%), Sugar: 7.38g (8.2%), Cholesterol: 155.38mg (51.79%), Sodium: 556.99mg (24.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.1%), Vitamin K: 129.54µg (123.37%), Vitamin A: 1131.19IU (22.62%), Selenium: 13.41µg (19.16%), Phosphorus: 186.43mg (18.64%), Vitamin C: 15.31mg (18.56%), Vitamin B2: 0.31mg (18.05%), Folate: 60.86µg (15.21%), Vitamin E: 1.91mg (12.74%), Vitamin B5: 1.26mg (12.58%), Iron: 1.86mg (10.32%), Potassium: 350.76mg (10.02%), Magnesium: 39.83mg (9.96%), Vitamin B1: 0.15mg (9.84%), Calcium: 82.18mg (8.22%), Vitamin B6: 0.16mg (8.05%), Manganese: 0.16mg (7.89%), Vitamin B3: 1.46mg (7.3%), Zinc: 1.08mg (7.18%), Vitamin B12: 0.42µg (7%), Fiber: 1.73g (6.92%), Vitamin D: 0.75µg (5%), Copper: 0.08mg (4.16%)