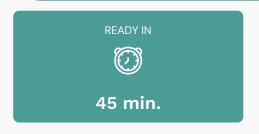


Corn-Pancetta Puddings in Corn Husk Baskets)





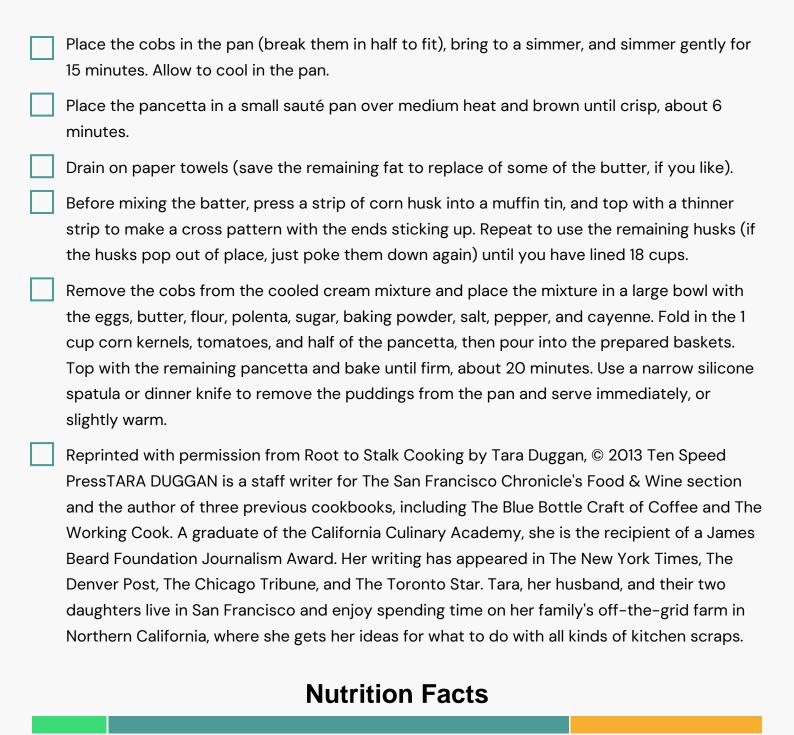


Ingredients

I teaspoon double-acting baking powde
1 pinch ground pepper
2 ears corn
4 large eggs
0.5 cup flour all-purpose
0.8 cup cup heavy whipping cream
0.8 teaspoon kosher salt
0.8 cup milk
3 ounces pancetta diced

1 pinch pepper freshly ground

	0.5 cup cornmeal
	0.3 cup cooking fat unsalted cooled melted
	1 tablespoon sugar
	0.5 cup tomatoes diced seeded
Equipment	
\Box	bowl
	frying pan
	paper towels
	sauce pan
	oven
	knife
	pot
	muffin tray
	cutting board
	baking spatula
Directions	
	Preheat the oven to 350°F. Grease a 12-cup muffin tin plus 6 cups of an additional tin.
	Bring a large pot of water to a boil. Trim the leafy tops of the husks from each ear of corn and slice through the bottom of the cob to more easily remove the husks. Discarding the tougher outer husks, trim off any extra curved part of the more tender inner husks, and tear the husks in half lengthwise until you have 36 strips about the width of your muffin tins. Blanch in the water until softened, 5 minutes.
	Drain and let cool.
	Holding the cobs upright on a cutting board, cut the kernels off the cobs, then measure out 1 cup; reserve any extra kernels for another use.
	Place the cream and milk in a small saucepan, and use the back of a knife to scrape any remaining corn and juices from the cobs into the pan.



PROTEIN 10.45% FAT 63.13% CARBS 26.42%

Properties

Glycemic Index:74.27, Glycemic Load:13.75, Inflammation Score:-6, Nutrition Score:11.5143478746%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 428.08kcal (21.4%), Fat: 30.36g (46.7%), Saturated Fat: 13.14g (82.12%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 26.3g (9.56%), Sugar: 6.9g (7.66%), Cholesterol: 177.89mg (59.3%), Sodium: 528.03mg (22.96%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 11.31g (22.62%), Selenium: 19.09µg (27.28%), Phosphorus: 219.9mg (21.99%), Vitamin B2: 0.34mg (20.3%), Vitamin A: 838.54IU (16.77%), Vitamin B1: 0.25mg (16.54%), Folate: 54.91µg (13.73%), Vitamin D: 1.94µg (12.97%), Vitamin B6: 0.24mg (12.22%), Calcium: 120.2mg (12.02%), Manganese: 0.23mg (11.74%), Vitamin B5: 1.13mg (11.3%), Vitamin B3: 2.19mg (10.97%), Magnesium: 40.62mg (10.15%), Iron: 1.82mg (10.11%), Vitamin B12: 0.58µg (9.66%), Zinc: 1.44mg (9.59%), Fiber: 2.29g (9.14%), Potassium: 313.11mg (8.95%), Vitamin E: 1.08mg (7.19%), Copper: 0.1mg (5.24%), Vitamin C: 3.93mg (4.77%), Vitamin K: 2.31µg (2.2%)