

# Corn-Pancetta Puddings in Corn Husk Baskets





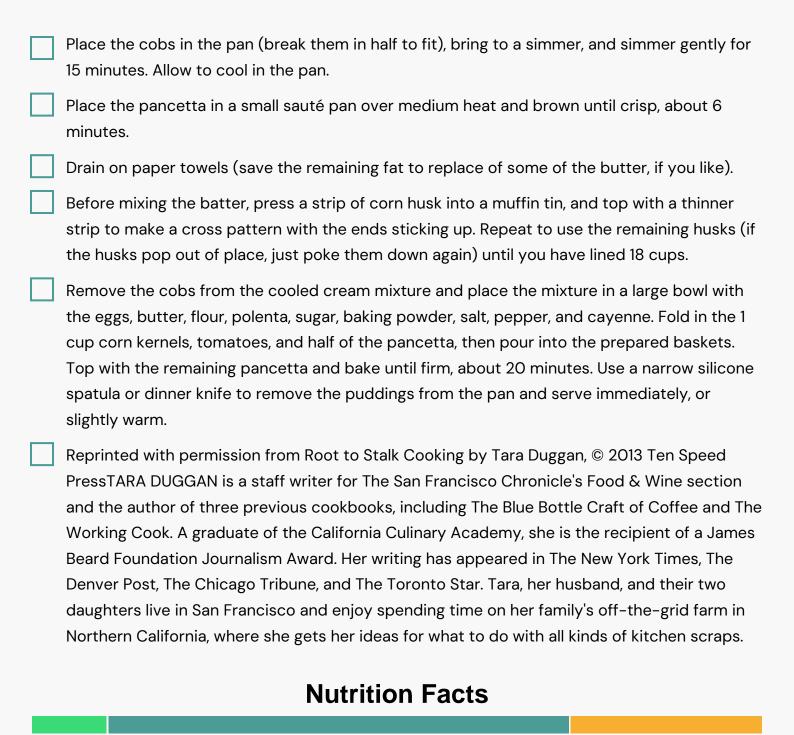


## Ingredients

1 teaspoon double-acting baking powder
1 pinch cayenne
2 ears of corn
4 large eggs
0.5 cup flour all-purpose
0.8 cup heavy cream
0.8 teaspoon kosher salt
0.8 cup milk
3 ounces pancetta diced

1 pinch pepper freshly ground

	0.5 cup polenta	
	0.3 cup a mixture of butter and rendered pancetta fat unsalted cooled melted	
	1 tablespoon sugar	
	0.5 cup tomatoes diced seeded	
Equipment		
	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%)