



Creamed Corn with Garam Masala Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 2.3 teaspoons peppercorns whole black
- 1 tablespoon coriander seeds
- 1 tablespoon cumin seeds
- 10 large ears corn husked
- 3 garlic clove minced
- 1.3 teaspoons ground cardamom
- 0.8 teaspoon ground cinnamon

- 0.1 teaspoon mace
- 1 teaspoon kosher salt plus more
- 0.5 cup onion finely chopped
- 8 tablespoons butter unsalted divided (1 stick)
- 0.3 teaspoon cloves whole ()

Equipment

- bowl
- blender

Directions

- Toast cumin and corianderseeds, peppercorns, and cloves in a smallskillet over medium heat, stirring constantly,until aromatic, about 2 minutes.
- Let cool.
- Transfer to spice mill. Crumble bay leaf andadd to mill. Finely grind and transfer to acontainer. Stir in cardamom, cinnamon, andmace; cover.
- Cut kernels from cobs intoa large bowl (you should have about 8 cups).Scrape cobs with the back of a large knifeto release juices into bowl.
- Combine half ofkernels with juices (4 cups) and 1/2 cup waterin a blender; purée until smooth.
- Melt 2 tablespoons butter in a large saucepanover low heat. Stir in onion, garlic, and1 teaspoon salt. Cover and cook, stirring often andadding water by tablespoonfuls if dry, untilonion is soft and translucent (do not brown),about 10 minutes.
- Add puréed corn andremaining corn kernels and cook, stirringconstantly, until corn is tender, about10 minutes. Stir in 2 tablespoons butter. Seasonwith salt. Spoon into a large wide bowl.
- Heat remaining 4 tablespoons butter in a smallsaucepan over medium heat.
- Add 1 1/2 tablespoonsgaram masala and a pinch of salt.
- Whiskuntil fragrant, about 15 seconds.
- Drizzle overcreamed corn.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:11.173043542582%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 269.27kcal (13.46%), Fat: 14.14g (21.76%), Saturated Fat: 7.82g (48.87%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 31.99g (11.63%), Sugar: 11.66g (12.96%), Cholesterol: 30.1mg (10.03%), Sodium: 321.54mg (13.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Manganese: 0.66mg (32.98%), Vitamin B1: 0.29mg (19.53%), Folate: 77.78 μ g (19.44%), Magnesium: 75.6mg (18.9%), Fiber: 4.63g (18.52%), Phosphorus: 176.08mg (17.61%), Vitamin C: 13.52mg (16.39%), Vitamin B3: 3.26mg (16.29%), Potassium: 547.77mg (15.65%), Vitamin A: 702.34IU (14.05%), Vitamin B5: 1.33mg (13.34%), Vitamin B6: 0.2mg (10.04%), Iron: 1.77mg (9.82%), Copper: 0.14mg (6.9%), Vitamin B2: 0.11mg (6.73%), Zinc: 0.97mg (6.5%), Vitamin K: 3.74 μ g (3.57%), Vitamin E: 0.5mg (3.32%), Calcium: 31.8mg (3.18%), Selenium: 1.7 μ g (2.42%), Vitamin D: 0.21 μ g (1.4%)