



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 coriander seeds, peppercorns, and cloves in a small skillet over medium heat, stirring constantly, until aromatic, about 2 minutes.
- ☐ Let cool.
- ☐ Transfer to spice mill. Crumble bay leaf and add to mill. Finely grind and transfer to a container. Stir in cardamom, cinnamon, and mace; cover.
- ☐ Cut kernels from cobs into a large bowl (you should have about 8 cups). Scrape cobs with the back of a large knife to release juices into bowl.
- ☐ Combine half of kernels with juices (4 cups) and 1/2 cup water in a blender; purée until smooth.
- ☐ Melt 2 tablespoons butter in a large saucepan over low heat. Stir in onion, garlic, and 1 teaspoon salt. Cover and cook, stirring often and adding water by tablespoonfuls if dry, until onion is soft and translucent (do not brown), about 10 minutes.
- ☐ Add puréed corn and remaining corn kernels and cook, stirring constantly, until corn is tender, about 10 minutes. Stir in 2 tablespoons butter. Season with salt. Spoon into a large wide bowl.
- ☐ Heat remaining 4 tablespoons butter in a small saucepan over medium heat.
- ☐ Add 1 1/2 tablespoons garam masala and a pinch of salt.
- ☐ Whisk until fragrant, about 15 seconds.
- ☐ Drizzle over creamed corn.

Nutrition Facts



 **PROTEIN 8.71%**  **FAT 42.44%**  **CARBS 48.85%**

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: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Manganese: 0.66mg (32.98%), Vitamin B1: 0.29mg (19.53%), Folate: 77.78µg (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: 3.74µg (3.57%), Vitamin E: 0.5mg (3.32%), Calcium: 31.8mg (3.18%), Selenium: 1.7µg (2.42%), Vitamin D: 0.21µg (1.4%)