



## Double Corn Pudding With Leeks

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



301 kcal

SIDE DISH

### Ingredients

- 13 ounces corn kernels frozen thawed
- 6 6-inch corn tortillas organic stone-ground
- 2 large egg yolk
- 5 large eggs
- 1.5 cups cup heavy whipping cream
- 10 servings salt and pepper freshly ground
- 4 large leek white green thinly sliced
- 1.5 cups milk

3 tablespoons butter unsalted

## Equipment

bowl

frying pan

oven

whisk

baking pan

roasting pan

## Directions

Melt the butter in a large skillet.

Add the leeks and cook over moderately low heat, stirring occasionally, until softened but not browned, about 10 minutes. Season with salt and pepper and let cool to room temperature.

Butter an 8-by-10-inch baking dish and line it with the tortillas. In a large bowl, whisk the eggs with the egg yolks.

Add the cream and milk and whisk to blend. Stir in the leeks, corn, 2 teaspoons salt and 1/4 teaspoon pepper.

Pour the custard over the tortillas. Cover and refrigerate overnight. Bring to room temperature before baking.

Preheat the oven to 32

Put the baking dish in a roasting pan and add enough hot tap water to reach halfway up the side of the dish.

Bake the corn pudding in the water bath for about 1 hour, or until just set.

Let stand for about 10 minutes before serving.

Make Ahead: The unbaked pudding can be refrigerated for up to 2 days.

## Nutrition Facts



PROTEIN 10.6%  FAT 63.18%  CARBS 26.22%

## Properties

Glycemic Index:12.05, Glycemic Load:5.08, Inflammation Score:-7, Nutrition Score:11.122173931288%

## Flavonoids

Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 300.57kcal (15.03%), Fat: 21.75g (33.45%), Saturated Fat: 12.33g (77.07%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 17.95g (6.53%), Sugar: 6.08g (6.75%), Cholesterol: 183.48mg (61.16%), Sodium: 344.62mg (14.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.42%), Vitamin A: 1483.42IU (29.67%), Phosphorus: 199.84mg (19.98%), Selenium: 12.92µg (18.45%), Vitamin B2: 0.3mg (17.93%), Vitamin K: 18.38µg (17.5%), Folate: 55.47µg (13.87%), Manganese: 0.28mg (13.77%), Calcium: 122.84mg (12.28%), Vitamin D: 1.72µg (11.47%), Vitamin B6: 0.22mg (11%), Fiber: 2.36g (9.44%), Vitamin B12: 0.55µg (9.18%), Vitamin B5: 0.91mg (9.15%), Magnesium: 36.14mg (9.04%), Iron: 1.61mg (8.93%), Vitamin E: 1.2mg (7.99%), Potassium: 269.81mg (7.71%), Zinc: 1.01mg (6.7%), Vitamin B1: 0.09mg (6.23%), Vitamin C: 5.08mg (6.15%), Copper: 0.1mg (5.23%), Vitamin B3: 0.83mg (4.14%)