



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 yolks
- ☐ 5 large eggs
- ☐ 1.5 cups heavy cream
- ☐ 10 servings kosher salt and pepper freshly ground
- ☐ 4 large leeks white green thinly sliced
- ☐ 1.5 cups milk

☐ 3 tablespoons butter unsalted

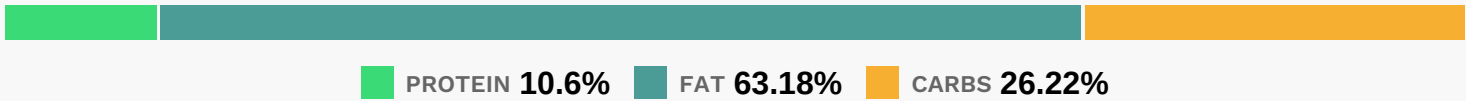
Equipment

- ☐ 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



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: Og (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%)