



## Fresh Corn Custards

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

### Ingredients

- 0.3 teaspoon pepper black
- 4 large eggs lightly beaten
- 3 cups corn kernels fresh divided ( 6 ears)
- 2 cups milk 2% reduced-fat
- 0.5 teaspoon salt

### Equipment

- food processor
- bowl
- frying pan

- sauce pan
- oven
- whisk
- wire rack
- sieve
- blender
- ramekin
- baking pan

## Directions

- Preheat oven to 350
- Bring 2 cups corn and milk to a simmer in a large saucepan over medium heat; cook 20 minutes, and cool.
- Pour corn mixture into a blender or food processor; process until smooth. Strain mixture through a sieve over a large bowl. Discard solids.
- Add salt, pepper, and eggs to corn mixture; stir well with a whisk.
- Divide remaining 1 cup corn evenly among 6 (6-ounce) ramekins generously coated with cooking spray, and top each with 1/3 cup corn mixture.
- Place the ramekins in a 13 x 9-inch baking pan, and add hot water to pan to a depth of 1 inch.
- Bake at 350 for 30 minutes or until the center barely moves when the ramekin is touched.
- Remove the ramekins from pan, and cool for 5 minutes on a wire rack. Invert custards.
- Garnish with fresh chives, if desired.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:8.8778260298397%

## Nutrients (% of daily need)

Calories: 149.56kcal (7.48%), Fat: 5.71g (8.78%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 16.16g (5.87%), Sugar: 8.64g (9.6%), Cholesterol: 130.29mg (43.43%), Sodium: 288.99mg (12.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.18g (18.35%), Phosphorus: 203.03mg (20.3%), Vitamin B2: 0.34mg (19.88%), Selenium: 12.64µg (18.06%), Vitamin B5: 1.31mg (13.12%), Folate: 50.06µg (12.52%), Vitamin B12: 0.71µg (11.89%), Calcium: 115.01mg (11.5%), Vitamin B1: 0.16mg (10.43%), Potassium: 353.03mg (10.09%), Magnesium: 39.63mg (9.91%), Vitamin A: 396.27IU (7.93%), Vitamin B6: 0.15mg (7.71%), Zinc: 1.14mg (7.62%), Manganese: 0.15mg (7.48%), Vitamin B3: 1.38mg (6.91%), Vitamin C: 5.09mg (6.17%), Fiber: 1.47g (5.88%), Iron: 0.99mg (5.48%), Vitamin D: 0.67µg (4.44%), Copper: 0.07mg (3.46%), Vitamin E: 0.43mg (2.83%)