



Individual Corn Custards with Bacon-Potato Crust

READY IN



45 min.

SERVINGS



6

CALORIES



181 kcal

Ingredients

- ☐ 3 slices bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 large eggs
- ☐ 1.3 cups milk fat-free divided
- ☐ 2 teaspoons flour all-purpose
- ☐ 3 cups corn kernels fresh divided 5 ears
- ☐ 1 garlic clove minced
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 cup onion finely chopped

- ☐ 1 ounce baked potato chips crushed
- ☐ 0.5 teaspoon salt

Equipment

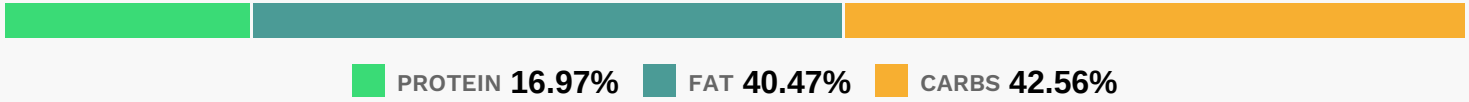
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 375
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon; set aside.
- ☐ Add 2 cups corn, onion, jalapeo, and garlic to drippings in pan; saut 2 minutes or until lightly browned.
- ☐ Remove from heat; cool slightly.
- ☐ Place remaining 1 cup corn and 1/4 cup milk in a blender or food processor; process until smooth.
- ☐ Pour pureed corn mixture into a medium bowl.
- ☐ Add the sauted corn mixture, remaining 1 cup milk, flour, salt, black pepper, and eggs, stirring with a whisk until well combined. Divide mixture evenly among 6 (6-ounce) ramekins or custard cups coated with cooking spray.
- ☐ Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 375 for 30 minutes or until a knife inserted in center of each custard comes out clean.

- ☐
- Remove pan from oven.
- ☐
- Preheat broiler.
- ☐
- Combine bacon and potato chips; sprinkle about 1 1/2 tablespoons bacon mixture over each custard. Broil for 1 minute or until browned.

Nutrition Facts



Properties

Glycemic Index:38.21, Glycemic Load:1.42, Inflammation Score:-5, Nutrition Score:8.8243479262228%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 181.27kcal (9.06%), Fat: 8.6g (13.24%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 18.53g (6.74%), Sugar: 7.58g (8.42%), Cholesterol: 70.79mg (23.6%), Sodium: 347.43mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.23%), Phosphorus: 179.37mg (17.94%), Vitamin B1: 0.2mg (13.22%), Selenium: 9.25µg (13.21%), Vitamin B5: 1.25mg (12.47%), Vitamin B2: 0.2mg (11.96%), Potassium: 401.85mg (11.48%), Vitamin C: 9.37mg (11.35%), Folate: 43.82µg (10.96%), Vitamin B3: 2.1mg (10.52%), Vitamin B6: 0.2mg (10.21%), Magnesium: 40.68mg (10.17%), Manganese: 0.19mg (9.59%), Vitamin B12: 0.5µg (8.32%), Calcium: 83.01mg (8.3%), Fiber: 1.82g (7.3%), Vitamin A: 359.56IU (7.19%), Zinc: 0.99mg (6.57%), Vitamin D: 0.94µg (6.26%), Vitamin E: 0.85mg (5.67%), Iron: 0.84mg (4.68%), Copper: 0.08mg (3.76%), Vitamin K: 1.92µg (1.83%)