



## Poblano Corn Pudding

 Vegetarian

READY IN



105 min.

SERVINGS



10

CALORIES



223 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon cayenne pepper
- 4 ears corn
- 3 eggs
- 4 tablespoons cilantro leaves fresh chopped
- 1 teaspoon ground pepper fresh black plus more for seasoning
- 0.5 teaspoon kosher salt plus more for seasoning
- 2 cups panko bread crumbs
- 4 tablespoons parsley leaves fresh italian chopped

- 3 poblano peppers
- 1 cup sharp cheddar white grated
- 3 tablespoons cup heavy whipping cream sour
- 3 tablespoons butter unsalted
- 2 cups milk whole
- 1 onion diced yellow

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- baking pan
- toothpicks
- stove
- tongs
- cutting board

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Put the poblano peppers over the flame of 1 of the burners on the stove to roast. Cook, turning often with tongs until all of the skin is blistered, about 15 minutes.
- Add the peppers to a bowl and cover with plastic wrap to steam for about 15 more minutes. When the peppers are cool enough to handle, transfer to a cutting board, peel the skin off, remove the seeds and stems, dice, and set aside.
- Heat 1 tablespoon of the butter in a medium saute pan over medium heat, add the onions and the salt and pepper. Cook until the onions are translucent, about 5 minutes, and then set

aside to cool.

- Heat the milk in a small saucepan just until it starts to simmer, about 3 minutes.
- In a large bowl, whisk the eggs and then slowly add the scalded milk.
- Whisk in the sour cream and then fold in the cheese, corn, peppers, onions, herbs, cayenne. Season with salt and pepper, to taste.
- Add the mixture to a 9 by 13-inch buttered baking dish and set aside.
- Put the remaining 2 tablespoons of butter in a medium saute pan over medium heat and add the panko. Toss to coat the bread crumbs and season with salt and pepper.
- Pour the bread crumbs over the pudding and bake in the preheated oven until the bread crumbs are golden, the pudding is set and bubbling around the edges and a toothpick inserted into the center comes out clean, about 25 minutes.
- Remove from the oven and serve.

## Nutrition Facts



**PROTEIN 16.2%** **FAT 46.97%** **CARBS 36.83%**

## Properties

Glycemic Index:23, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:12.674347742744%

## Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

## Nutrients (% of daily need)

Calories: 222.83kcal (11.14%), Fat: 11.99g (18.45%), Saturated Fat: 6.31g (39.41%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 18.98g (6.9%), Sugar: 6.91g (7.67%), Cholesterol: 77.41mg (25.8%), Sodium: 324.83mg (14.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.62%), Vitamin C: 34.24mg (41.51%), Vitamin K: 31.53µg (30.03%), Phosphorus: 194.71mg (19.47%), Calcium: 184.15mg (18.42%), Selenium: 11.67µg (16.67%), Vitamin B2: 0.27mg (15.84%), Vitamin B1: 0.24mg (15.74%), Vitamin A: 778.86IU (15.58%), Manganese: 0.27mg (13.25%), Folate: 45.21µg (11.3%), Vitamin B6: 0.21mg (10.37%), Vitamin B12: 0.56µg (9.29%), Potassium: 319.27mg (9.12%), Magnesium: 35.42mg (8.86%), Fiber: 2.19g (8.76%), Vitamin B3: 1.72mg (8.62%), Vitamin B5: 0.83mg (8.31%), Zinc: 1.23mg (8.19%), Iron: 1.29mg (7.19%), Vitamin D: 0.93µg (6.21%), Copper: 0.1mg (4.94%), Vitamin E: 0.58mg (3.84%)