Savory Corn Custard

Gluten Free

READY IN	SERVINGS	CALORIES
10 min.	4	398 kcal

Ingredients

- [ ] 1 cup corn kernels frozen canned drained ()
- [ ] 2 large eggs
- [ ] 0.3 pound ham lean chopped
- [ ] 0.8 cup cup heavy whipping cream
- [ ] 1 jalapeno seeded chopped
- [ ] 0.3 teaspoon kosher salt
- [ ] 0.8 cup milk
- [ ] 1 tablespoon olive oil
- [ ] 2 spring onion thinly sliced

- [ ] 0.3 cup sun-dried olives diced
- [ ] 0.3 cup swiss cheese grated

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] knife
- [ ] whisk
- [ ] roasting pan

Directions

- [ ] Heat oven to 350 F. Lightly coat four 5-ounce custard cups with vegetable cooking spray.
- [ ] Place the cups in a 9-by-9-inch roasting pan. In a medium skillet, combine the oil, ham, jalapeno, tomatoes, and scallions.
- [ ] Saute over medium heat until the vegetables are tender but not brown. Stir in the corn and divide among the custard cups. Top each with some of the cheese. In a medium bowl, whisk the eggs, then blend in the cream, milk, and salt.
- [ ] Pour over the vegetables in the cups.
- [ ] Place the roasting pan on the oven rack.
- [ ] Pour enough hot water into the pan to come halfway up the cups.
- [ ] Bake about 40 minutes or until a knife inserted in the center comes out clean.
- [ ] *Or substitute 3/4 cup milk.

Nutrition Facts

PROTEIN **16.19%** FAT **70%** CARBS **13.81%**

Properties

Glycemic Index:39.75, Glycemic Load:1.88, Inflammation Score:-7, Nutrition Score:14.403043394503%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 398.27kcal (19.91%), Fat: 31.72g (48.81%), Saturated Fat: 15.85g (99.05%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 12.16g (4.42%), Sugar: 8.29g (9.21%), Cholesterol: 174.86mg (58.29%), Sodium: 655.98mg (28.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.51g (33.03%), Selenium: 19.7µg (28.15%), Phosphorus: 280.38mg (28.04%), Vitamin B2: 0.43mg (25.21%), Vitamin A: 1115.89IU (22.32%), Calcium: 195.47mg (19.55%), Vitamin K: 19.9µg (18.95%), Vitamin B1: 0.27mg (18.14%), Vitamin B12: 0.99µg (16.57%), Potassium: 548.23mg (15.66%), Zinc: 1.96mg (13.1%), Vitamin B6: 0.26mg (12.82%), Vitamin D: 1.92µg (12.77%), Vitamin B3: 2.47mg (12.37%), Vitamin B5: 1.14mg (11.4%), Vitamin C: 8.9mg (10.79%), Vitamin E: 1.55mg (10.35%), Magnesium: 40.37mg (10.09%), Manganese: 0.2mg (10.04%), Folate: 39.83µg (9.96%), Iron: 1.59mg (8.86%), Copper: 0.17mg (8.45%), Fiber: 1.92g (7.68%)