



Serrano Ham and Poblano Corn Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch of baking powder
- ☐ 0.5 cup butter cooled melted (1 stick)
- ☐ 2 cups corn kernels or fresh frozen divided thawed (from 2 large ears)
- ☐ 0.5 cup corn masa mix instant (Maseca)
- ☐ 2 large eggs
- ☐ 4.5 ounces coarsely manchego cheese grated
- ☐ 2 large poblano chiles
- ☐ 1 teaspoon salt

- ☐ 4 ounces thick serrano ham cut into 1/4-inch cubes (1 cup)
- ☐ 1 cup cup heavy whipping cream sour

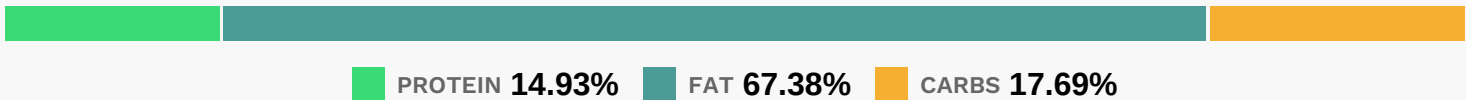
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ broiler
- ☐ glass baking pan

Directions

- ☐ Char chiles over gas flame or in broiler until blackened on all sides. Enclose in paper bag 15 minutes. Peel and seed chiles, then cut lengthwise into 1/4-inch-wide strips.
- ☐ Preheat oven to 350°F. Generously butter 13x9x2-inch glass baking dish.
- ☐ Combine 1 1/2 cups corn, eggs, and next 3 ingredients in blender. Blend until almost smooth.
- ☐ Transfer mixture to large bowl.
- ☐ Add sour cream and Maseca; stir until blended, then stir in ham, cheese, chiles, and remaining 1/2 cup corn.
- ☐ Transfer mixture to prepared baking dish.
- ☐ Bake until corn pudding is puffed and golden brown in spots on top, about 40 minutes.
- ☐ *These fresh green chiles, often called pasillas, are available at some supermarkets and at specialty foods stores and Latin markets.
- ☐ **Maseca (instant corn masa mix) is available at Latin markets.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:6.4160869899003%

Flavonoids

Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 227.11kcal (11.36%), Fat: 17.55g (26.99%), Saturated Fat: 10.01g (62.54%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 9.12g (3.32%), Sugar: 2.86g (3.18%), Cholesterol: 79.08mg (26.36%), Sodium: 528.96mg (23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.49%), Vitamin C: 23.79mg (28.84%), Calcium: 150.82mg (15.08%), Vitamin A: 615.73IU (12.31%), Vitamin B1: 0.13mg (8.72%), Vitamin B2: 0.13mg (7.8%), Phosphorus: 70.84mg (7.08%), Folate: 28.16µg (7.04%), Vitamin B6: 0.13mg (6.43%), Selenium: 4.17µg (5.96%), Vitamin B3: 1.06mg (5.29%), Fiber: 1.25g (5.01%), Manganese: 0.1mg (4.95%), Magnesium: 19.21mg (4.8%), Iron: 0.85mg (4.74%), Potassium: 163.35mg (4.67%), Vitamin B5: 0.41mg (4.12%), Vitamin E: 0.5mg (3.32%), Vitamin K: 3.07µg (2.92%), Zinc: 0.41mg (2.75%), Copper: 0.05mg (2.46%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.17µg (1.11%)