



Steamed Corn Custards with Crab

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



104 kcal

Ingredients

- ☐ 1 cup ears corn fresh frozen thawed (from 2 ears)
- ☐ 0.8 lb surimi crab sticks frozen thawed
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 cup milk whole

Equipment

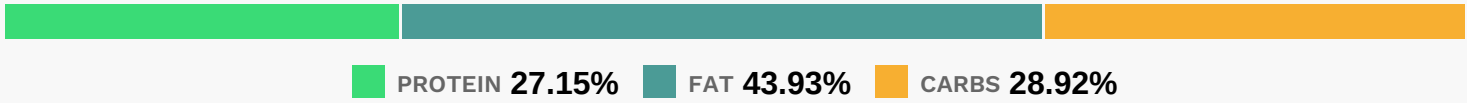
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ ramekin
- ☐ tongs

Directions

- ☐ Cook corn in a 1-quart saucepan of boiling salted water until very tender, 3 to 5 minutes, and drain in a sieve.
- ☐ Purée milk and hot corn in a blender until almost smooth, then force through a very fine sieve into a bowl, discarding solids.
- ☐ Whisk in egg and salt and divide custard among ramekins.
- ☐ Steam custards in a steamer set 1 inch above simmering water, covered with lid, until centers are set and a thin knife inserted into center of 1 custard comes out clean, 6 to 8 minutes.
- ☐ Remove ramekins from steamer with tongs and cool custards slightly.
- ☐ Coarsely chop 1/4 cup crabmeat and reserve remainder for another use.
- ☐ Heat butter in a small heavy skillet over moderate heat until foam subsides, then cook crab, stirring constantly, until heated through, about 2 minutes. Stir in chives.
- ☐ Serve custards topped with crab.
- ☐ · Custard mixture can be prepared and poured into ramekins 1 day ahead and chilled, surfaces covered with plastic wrap. Bring to room temperature before steaming.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:7.3499999409137%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 104.43kcal (5.22%), Fat: 5.3g (8.15%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.11g (2.59%), Sugar: 3.31g (3.68%), Cholesterol: 65.4mg (21.8%), Sodium: 354.42mg (15.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.74%), Vitamin B12: 2.14µg (35.68%), Selenium: 12.22µg (17.46%), Phosphorus: 125.39mg (12.54%), Copper: 0.23mg (11.33%), Zinc: 1.68mg (11.23%), Folate: 31.35µg (7.84%), Magnesium: 28.16mg (7.04%), Vitamin B2: 0.12mg (6.84%), Vitamin B5: 0.61mg (6.08%), Vitamin A: 293.44IU (5.87%), Vitamin B1: 0.08mg (5.5%), Potassium: 192.09mg (5.49%), Vitamin C: 4.39mg (5.32%), Vitamin B6: 0.1mg (5.02%), Vitamin B3: 0.91mg (4.56%), Calcium: 44.14mg (4.41%), Manganese: 0.07mg (3.71%), Vitamin D: 0.53µg (3.51%), Iron: 0.55mg (3.04%), Fiber: 0.74g (2.97%), Vitamin K: 2.05µg (1.95%), Vitamin E: 0.25mg (1.66%)