



## Sweet Corn and Parmesan Flans

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

### Ingredients

- 2 tablespoons basil thinly sliced
- 0.3 teaspoon pepper black freshly ground
- 18 small tear-drop cherry tomatoes ) (pear-shaped halved
- 4 large eggs
- 1 teaspoon flour
- 2.5 cups corn kernels fresh ( 5 ears)
- 1 cup milk 1% low-fat
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt

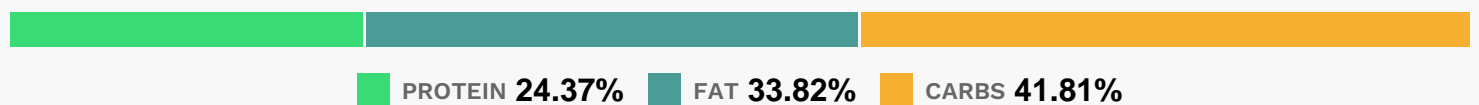
## Equipment

- food processor
- frying pan
- oven
- wire rack
- ramekin
- baking pan

## Directions

- Preheat oven to 350
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add corn, and cook 5 minutes or until tender, stirring occasionally.
- Remove from heat. Set aside 1 cup corn kernels.
- Place remaining corn in a food processor; pulse 5 times or until coarsely chopped.
- Add milk and next 5 ingredients (through eggs) to food processor; pulse 4 times or until combined.
- Pour about 1/2 cup corn mixture into each of 6 (6-ounce) ramekins 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 350 for 35 minutes or until the center barely moves when ramekins are touched.
- Remove ramekins from pan; cool 5 minutes on a wire rack. Invert flans onto each of 6 plates.
- Garnish each serving with about 2 1/2 tablespoons corn kernels, 6 tomato halves, and 1 teaspoon basil.

## Nutrition Facts



## Properties

Glycemic Index:29.5, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:10.325652122498%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 150.68kcal (7.53%), Fat: 5.98g (9.2%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 15.03g (5.47%), Sugar: 7.13g (7.93%), Cholesterol: 130.8mg (43.6%), Sodium: 368.41mg (16.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.4%), Phosphorus: 210.65mg (21.07%), Selenium: 13.74µg (19.63%), Vitamin C: 15.86mg (19.22%), Vitamin B2: 0.27mg (16.08%), Vitamin A: 703.14IU (14.06%), Calcium: 125.88mg (12.59%), Folate: 49.87µg (12.47%), Vitamin B5: 1.17mg (11.74%), Potassium: 396.54mg (11.33%), Vitamin B12: 0.61µg (10.19%), Vitamin B1: 0.15mg (10.15%), Magnesium: 38.26mg (9.56%), Manganese: 0.19mg (9.42%), Vitamin B6: 0.18mg (9.13%), Zinc: 1.2mg (7.99%), Vitamin D: 1.13µg (7.51%), Iron: 1.32mg (7.31%), Vitamin B3: 1.44mg (7.21%), Fiber: 1.61g (6.42%), Copper: 0.1mg (5.09%), Vitamin E: 0.72mg (4.8%), Vitamin K: 4.75µg (4.52%)