



Sweet Corn Flans with Tomato-Corn Relish



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



170 kcal

Ingredients

- ☐ 0.1 teaspoon cayenne
- ☐ 6 ounces cherry tomatoes cut into small dice (3/4 cup)
- ☐ 0.8 cup corn reserved from flans
- ☐ 3 ears corn fresh
- ☐ 2 large eggs
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.7 cup milk 1%
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 0.3 cup onion red chopped

- ☐ 1 teaspoon red-wine vinegar
- ☐ 0.5 teaspoon salt

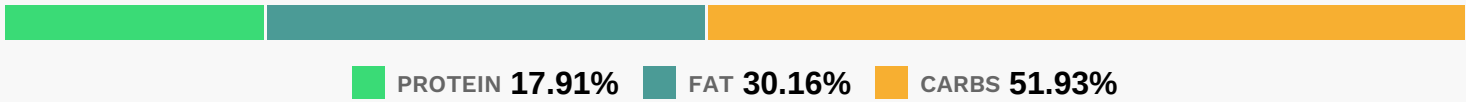
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ ramekin

Directions

- ☐ Preheat oven to 350°F.
- ☐ Cook corn in a pot of boiling water until tender, about 5 minutes.
- ☐ Drain and cool.
- ☐ Cut off kernels with a sharp knife into a bowl, scraping ears. Reserve 3/4 cup for relish and purée remainder in a blender with milk until smooth. Force corn purée through a fine sieve into a bowl, discarding skins.
- ☐ Whisk together eggs, salt, and cayenne until blended and whisk in corn purée.
- ☐ Pour flan mixture into lightly oiled ramekins and bake in a hot-water bath just until set, about 40 minutes.
- ☐ Remove ramekins from water bath and cool on a rack. Chill until cold, about 2 hours.
- ☐ Stir together corn, tomatoes, onion, and basil. Stir in oil and vinegar and season with salt and pepper.
- ☐ Run a thin knife around edge of each flan, then invert flans onto plates. Spoon relish over them.
- ☐ ·Flans and reserved corn for relish may be chilled, covered, up to 1 day.
- ☐ Each serving contains about 146 calories and 6 grams fat.

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:3.26, Inflammation Score:-6, Nutrition Score:10.399130510247%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 169.65kcal (8.48%), Fat: 6.17g (9.49%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 21.31g (7.75%), Sugar: 9.21g (10.24%), Cholesterol: 94.97mg (31.66%), Sodium: 357.33mg (15.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.49%), Vitamin C: 17mg (20.61%), Phosphorus: 188.66mg (18.87%), Folate: 56µg (14%), Vitamin B2: 0.24mg (13.93%), Vitamin A: 674.85IU (13.5%), Selenium: 9.25µg (13.22%), Vitamin B5: 1.31mg (13.1%), Potassium: 457.71mg (13.08%), Vitamin B1: 0.19mg (12.38%), Manganese: 0.24mg (11.83%), Magnesium: 45.84mg (11.46%), Vitamin B6: 0.22mg (11.05%), Fiber: 2.59g (10.37%), Vitamin B3: 2mg (9.98%), Vitamin B12: 0.46µg (7.71%), Calcium: 74.77mg (7.48%), Zinc: 1.07mg (7.13%), Iron: 1.28mg (7.09%), Vitamin D: 0.93µg (6.22%), Vitamin E: 0.9mg (5.97%), Copper: 0.11mg (5.43%), Vitamin K: 5.01µg (4.77%)