



4-Ingredient Dairy-Free Corn Pudding

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 8 servings corn pudding leftover chilled (recipe above)
- ☐ 29.5 oz corn canned
- ☐ 0.5 cup dairy-free margarine melted (I like Earth Balance, which is non-hydrogenated)
- ☐ 2 eggs beaten
- ☐ 8.5 ounce dairy-free corn muffin mix such as jiffy (or equivalent)
- ☐ 1 tablespoon oil (olive, rice bran, canola, grapeseed, your choice)

Equipment

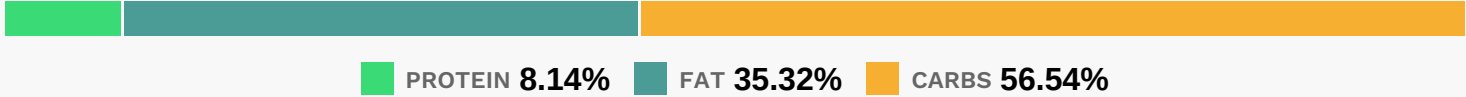
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Mix all the ingredients together in a large bowl.
- ☐ Pour into a greased two-quart casserole dish.
- ☐ Bake for 45 minutes.
- ☐ Serve warm.
- ☐ Heat the oil over medium heat in a nonstick skillet. Form the chilled corn pudding into small cakes, about 1 1/2–2 inches across.
- ☐ Place them in the pan and cook until the bottoms are browned. Gently flip the cakes over and cook until they are browned and heated through.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:7.94, Inflammation Score:-7, Nutrition Score:13.628695664199%

Nutrients (% of daily need)

Calories: 379.01kcal (18.95%), Fat: 15.83g (24.35%), Saturated Fat: 3.93g (24.56%), Carbohydrates: 57.03g (19.01%), Net Carbohydrates: 51.58g (18.76%), Sugar: 13.06g (14.51%), Cholesterol: 41.52mg (13.84%), Sodium: 626.67mg (27.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.41%), Phosphorus: 313.24mg (31.32%), Manganese: 0.56mg (28.01%), Folate: 97.01µg (24.25%), Fiber: 5.45g (21.79%), Vitamin E: 3.13mg (20.86%), Vitamin B3: 3.94mg (19.71%), Vitamin B1: 0.28mg (18.71%), Vitamin A: 913.34IU (18.27%), Vitamin B6: 0.31mg (15.27%), Magnesium: 60.78mg (15.19%), Vitamin B2: 0.24mg (13.93%), Vitamin B5: 1.25mg (12.48%), Iron: 2.03mg (11.29%), Potassium: 388.56mg (11.1%), Vitamin C: 8.55mg (10.37%), Zinc: 1.46mg (9.71%), Vitamin K: 9.72µg (9.26%), Selenium: 5.92µg (8.46%), Copper: 0.14mg (6.95%), Calcium: 29.83mg (2.98%), Vitamin B12: 0.13µg (2.08%), Vitamin D: 0.22µg (1.47%)