



Bacon-Cheddar Corn Pudding

READY IN



70 min.

SERVINGS



10

CALORIES



333 kcal

SIDE DISH

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 11 oz regular corn with red and green bell peppers, drained canned
- 15 oz regular corn cream-style canned
- 8.5 oz corn muffin mix
- 2 eggs beaten
- 4 green onions sliced
- 0.5 cup classic ranch dressing kraft
- 8 oz cheddar cheese shredded divided kraft

Equipment

oven

Directions

- Heat oven to 375F.
- Mix first 5 ingredients until blended; stir in 1/2 cup cheese.
- Pour into 2-qt. casserole sprayed with cooking spray.
- Bake 40 min. Meanwhile, combine bacon, onions and remaining cheese.
- Top casserole with bacon mixture; bake 15 min. or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:11.81478266094%

Flavonoids

Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 332.53kcal (16.63%), Fat: 20.56g (31.63%), Saturated Fat: 7.43g (46.42%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 24.95g (9.07%), Sugar: 7.81g (8.67%), Cholesterol: 64.83mg (21.61%), Sodium: 636.76mg (27.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.89%), Vitamin C: 27.74mg (33.63%), Phosphorus: 303.82mg (30.38%), Vitamin K: 30.1µg (28.67%), Calcium: 190.66mg (19.07%), Selenium: 12.86µg (18.37%), Vitamin B2: 0.26mg (15.2%), Folate: 56.26µg (14.07%), Vitamin B1: 0.17mg (11.31%), Fiber: 2.73g (10.93%), Vitamin A: 505IU (10.1%), Zinc: 1.49mg (9.95%), Vitamin B6: 0.19mg (9.4%), Vitamin B3: 1.77mg (8.84%), Manganese: 0.16mg (8.06%), Vitamin B12: 0.4µg (6.75%), Iron: 1.2mg (6.69%), Magnesium: 25.93mg (6.48%), Vitamin B5: 0.6mg (6%), Potassium: 206.74mg (5.91%), Vitamin E: 0.78mg (5.18%), Copper: 0.09mg (4.35%), Vitamin D: 0.36µg (2.4%)