



## Baked Corn Pudding

READY IN



55 min.

SERVINGS



10

CALORIES



184 kcal

SIDE DISH

### Ingredients

- 0.5 cup sugar
- 3 tablespoons flour all-purpose
- 3 large eggs
- 1 cup milk whole
- 0.3 cup butter melted
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 15 ounces corn whole drained canned
- 14 ounces corn cream-style canned

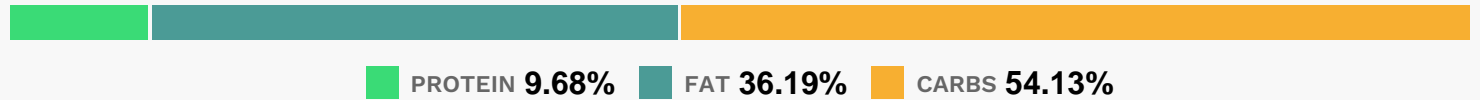
## Equipment

- bowl
- oven
- knife
- whisk
- baking pan

## Directions

- In a large bowl, combine sugar and flour.
- Whisk in the eggs, milk, butter, salt and pepper. Stir in the corn and cream-style corn.
- Pour into a greased 1-1/2-qt. baking dish.
- Bake, uncovered, at 350&deg; for 45-50 minutes or until a knife inserted in the center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:26.51, Glycemic Load:8.67, Inflammation Score:-3, Nutrition Score:4.453912999319%

## Nutrients (% of daily need)

Calories: 183.76kcal (9.19%), Fat: 7.64g (11.76%), Saturated Fat: 3.96g (24.78%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 25.15g (9.15%), Sugar: 12.5g (13.89%), Cholesterol: 70.93mg (23.64%), Sodium: 356.4mg (15.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Folate: 40.75µg (10.19%), Phosphorus: 95.97mg (9.6%), Selenium: 6.11µg (8.73%), Vitamin B2: 0.14mg (8.52%), Vitamin A: 292.26IU (5.85%), Potassium: 165.13mg (4.72%), Vitamin B12: 0.27µg (4.58%), Vitamin B3: 0.89mg (4.43%), Zinc: 0.65mg (4.31%), Calcium: 42.77mg (4.28%), Manganese: 0.08mg (4.24%), Magnesium: 16.94mg (4.23%), Vitamin B5: 0.41mg (4.1%), Vitamin D: 0.57µg (3.79%), Vitamin B1: 0.05mg (3.57%), Iron: 0.63mg (3.49%), Vitamin B6: 0.07mg (3.34%), Vitamin C: 2.35mg (2.85%), Copper: 0.05mg (2.51%), Fiber: 0.56g (2.25%), Vitamin E: 0.33mg (2.21%)