



Baked Corn Pudding

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



218 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 1 cup onion chopped
- 0.5 cup flour all-purpose
- 2 teaspoons salt
- 0.5 teaspoon pepper black
- 0.5 teaspoon ground pepper red (cayenne)
- 3 cups milk
- 4 eggs slightly beaten

- 24 oz corn frozen thawed
- 0.5 cup parsley fresh chopped
- 0.7 cup breadcrumbs plain
- 1 tablespoon butter melted

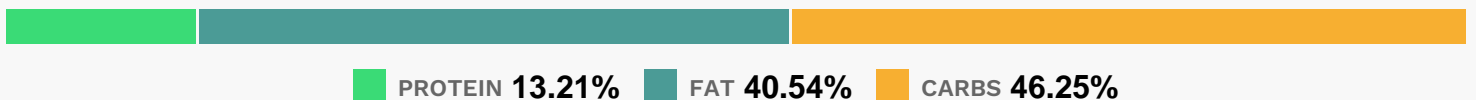
Equipment

- bowl
- oven
- knife
- baking pan
- dutch oven
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish or 3-quart casserole with cooking spray.
- In 4-quart Dutch oven, melt 1/3 cup butter over medium heat.
- Add onion; cook 3 to 4 minutes, stirring frequently, until tender. Stir in flour, salt and peppers until well blended. Stir in milk. Cook 4 to 5 minutes, stirring constantly, until thickened. Gradually stir in eggs. Stir in corn and parsley.
- Pour into baking dish.
- In small bowl, mix bread crumbs and 1 tablespoon melted butter; sprinkle over corn mixture.
- Bake uncovered 55 to 65 minutes or until mixture is set and knife inserted in center comes out clean.
- Let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:4.25, Inflammation Score:-6, Nutrition Score:9.7669565573983%

Flavonoids

Apigenin: 46.91mg, Apigenin: 46.91mg, Apigenin: 46.91mg, Apigenin: 46.91mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 4.12mg, Isorhamnetin: 4.12mg, Isorhamnetin: 4.12mg, Isorhamnetin: 4.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 218.22kcal (10.91%), Fat: 10.31g (15.85%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 23.9g (8.69%), Sugar: 4.03g (4.48%), Cholesterol: 77.95mg (25.98%), Sodium: 531.78mg (23.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.11%), Vitamin B2: 0.28mg (16.64%), Phosphorus: 166.08mg (16.61%), Manganese: 0.32mg (15.97%), Vitamin K: 15.58µg (14.84%), Selenium: 9.69µg (13.85%), Vitamin B1: 0.21mg (13.75%), Folate: 50.26µg (12.56%), Calcium: 114.74mg (11.47%), Fiber: 2.55g (10.19%), Vitamin B6: 0.2mg (10.05%), Potassium: 347.84mg (9.94%), Vitamin B3: 1.86mg (9.32%), Magnesium: 36.88mg (9.22%), Vitamin A: 422.61IU (8.45%), Vitamin B12: 0.49µg (8.23%), Iron: 1.45mg (8.06%), Vitamin C: 6.43mg (7.8%), Vitamin B5: 0.71mg (7.11%), Zinc: 1.05mg (7%), Vitamin D: 0.96µg (6.43%), Copper: 0.08mg (3.9%), Vitamin E: 0.49mg (3.25%)