



Cakespy: Creamed Candy Corn



Gluten Free



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



295 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 11 ounces candy corn
- ☐ 1 cup half and half
- ☐ 2 tablespoons vanilla pudding instant

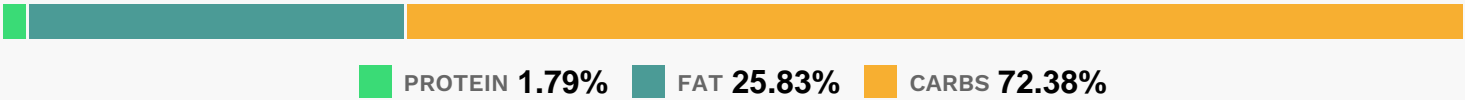
Equipment

- ☐ sauce pan
- ☐ ramekin

Directions

- ☐ In a medium saucepan over medium-low heat, combine the cream and butter until melted and warm, but do not let it get to the point of boiling.
- ☐ Add the pudding mix and stir well to avoid any little clumps.
- ☐ Once the mixture starts to thicken, add your candy corn. Reduce heat to low, and stir frequently until the candy corn has begun to melt a bit around the edges and has given the mixture a pleasing orange hue.
- ☐ Once the creamed candy corn has reached your desired consistency, transfer to individual ramekins or serving dishes.
- ☐ Serve warm or chilled, it's up to you.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3995652166398%

Nutrients (% of daily need)

Calories: 295.2kcal (14.76%), Fat: 8.44g (12.99%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 53.23g (17.74%), Net Carbohydrates: 53.2g (19.34%), Sugar: 48.67g (54.07%), Cholesterol: 24.15mg (8.05%), Sodium: 225.2mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.63%), Vitamin A: 259.4IU (5.19%), Vitamin B2: 0.08mg (4.73%), Calcium: 44.52mg (4.45%), Phosphorus: 39.54mg (3.95%), Selenium: 1.38µg (1.97%), Potassium: 55.35mg (1.58%), Vitamin B12: 0.08µg (1.41%), Vitamin E: 0.21mg (1.39%), Vitamin B5: 0.12mg (1.22%), Zinc: 0.16mg (1.08%), Magnesium: 4.13mg (1.03%), Vitamin B6: 0.02mg (1.02%)