



Cheesy Corn Pudding

READY IN



65 min.

SERVINGS



10

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 3 cups defrosted corn kernels fresh frozen
- ☐ 3 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 medium garlic cloves finely chopped
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 4 ounces gruyere cheese shredded
- ☐ 1 cup half-and-half
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 3 tablespoons butter unsalted plus more for coating

☐ 0.5 onion diced white finely

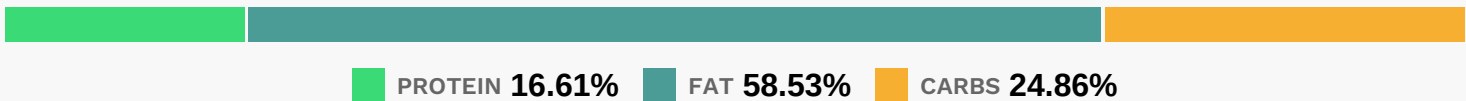
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 400 degrees F and arrange a rack on the bottom rim. Coat a 2-quart baking dish with butter and set aside. Bring a large pot of water, over low heat, to a simmer.
- ☐ Melt 3 tablespoons butter in a medium frying pan over medium heat. When it foams, add the garlic, onions, salt, and black pepper. Cook until softened, about 5 minutes. Set aside to cool slightly.
- ☐ Meanwhile, separate egg yolks and whites. In a large bowl, whisk the egg yolks, half-and-half and nutmeg together. Stir in the corn, cheese, and cooled onion mixture. Finally mix in the flour and combine well.
- ☐ Beat the egg whites until they just hold onto the whisk, (soft peaks). Stir in about 1/3 of the whites into the batter, then gently fold in the rest of the whites. Turn the batter into the prepared dish and set inside a roasting pan or baking dish. Fill the pan halfway with simmering water and put in the oven.
- ☐ Bake until the pudding is golden brown and set in center, about 30 to 45 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.4, Glycemic Load:1.92, Inflammation Score:-3, Nutrition Score:5.8630435000295%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 178.05kcal (8.9%), Fat: 11.94g (18.37%), Saturated Fat: 6.61g (41.34%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 10.2g (3.71%), Sugar: 3.55g (3.94%), Cholesterol: 85.77mg (28.59%), Sodium: 218.76mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.25%), Calcium: 154.66mg (15.47%), Phosphorus: 151.09mg (15.11%), Vitamin B2: 0.21mg (12.36%), Selenium: 8.54µg (12.2%), Folate: 34.08µg (8.52%), Vitamin A: 402.03IU (8.04%), Zinc: 0.93mg (6.21%), Vitamin B12: 0.37µg (6.13%), Manganese: 0.12mg (5.76%), Vitamin B5: 0.57mg (5.68%), Fiber: 1.21g (4.84%), Vitamin B1: 0.07mg (4.47%), Magnesium: 16.43mg (4.11%), Potassium: 143.07mg (4.09%), Vitamin B6: 0.08mg (4.05%), Vitamin B3: 0.74mg (3.7%), Iron: 0.61mg (3.36%), Vitamin D: 0.43µg (2.87%), Vitamin E: 0.4mg (2.64%), Copper: 0.04mg (2.19%), Vitamin C: 1.6mg (1.94%), Vitamin K: 1.16µg (1.11%)