



Cheesy Corn Pudding

READY IN



45 min.

SERVINGS



10

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce chiles green drained canned
- ☐ 2 cups kernel corn whole frozen thawed
- ☐ 3 eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons green onions chopped
- ☐ 2 tablespoons bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup half-and-half
- ☐ 2 tablespoons butter divided melted

- ☐ 2 ounce pimientos diced drained
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded
- ☐ 1 tablespoon sugar
- ☐ 1 cup milk whole

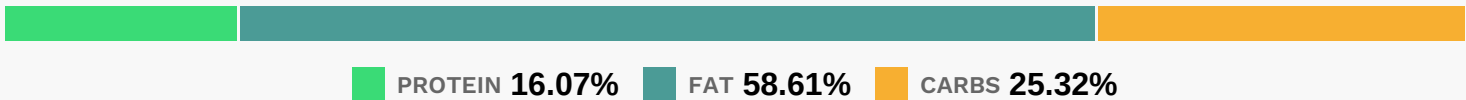
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Saute green pepper and onions in 1 tablespoon margarine over medium-high heat until tender.
- ☐ Combine corn, eggs, cheese, and green pepper mixture in a large bowl; stir well with a wire whisk.
- ☐ Combine flour and next 3 ingredients; add to corn mixture. Stir in remaining 1 tablespoon margarine, half-and-half, and remaining ingredients.
- ☐ Pour mixture into a lightly greased shallow 1 1/2-quart baking dish.
- ☐ Place dish in a 13- x 9- x 2-inch pan; pour hot water into pan to a depth of 1 inch.
- ☐ Bake, uncovered, at 325 for 1 hour or until a knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:32.91, Glycemic Load:3.2, Inflammation Score:-5, Nutrition Score:6.5678260326385%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 174.7kcal (8.73%), Fat: 11.46g (17.63%), Saturated Fat: 5.29g (33.08%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 10.66g (3.88%), Sugar: 3.73g (4.15%), Cholesterol: 71.84mg (23.95%), Sodium: 354.84mg (15.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.13%), Calcium: 151.07mg (15.11%), Vitamin C: 12.27mg (14.87%), Phosphorus: 145.43mg (14.54%), Selenium: 9.62µg (13.75%), Vitamin B2: 0.22mg (13.04%), Vitamin A: 614.73IU (12.29%), Folate: 31.29µg (7.82%), Vitamin B12: 0.42µg (6.97%), Zinc: 0.92mg (6.13%), Potassium: 166.19mg (4.75%), Vitamin B6: 0.09mg (4.68%), Vitamin B5: 0.44mg (4.39%), Iron: 0.77mg (4.27%), Vitamin B1: 0.06mg (4.2%), Vitamin D: 0.6µg (4%), Magnesium: 15.42mg (3.86%), Vitamin K: 3.95µg (3.76%), Vitamin B3: 0.62mg (3.1%), Vitamin E: 0.46mg (3.07%), Manganese: 0.05mg (2.75%), Fiber: 0.48g (1.94%), Copper: 0.04mg (1.77%)