



Classic Baked Corn Pudding

 Popular

READY IN



95 min.

SERVINGS



16

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup breadcrumbs plain progresso®
- ☐ 3 tablespoons butter melted
- ☐ 12 oz regular corn fresh green frozen thawed drained giant ® niblets®
- ☐ 6 eggs slightly beaten
- ☐ 0.5 cup flour all-purpose gold medal®
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 quart milk
- ☐ 0.3 cup onion chopped

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 8 oz cheddar cheese shredded

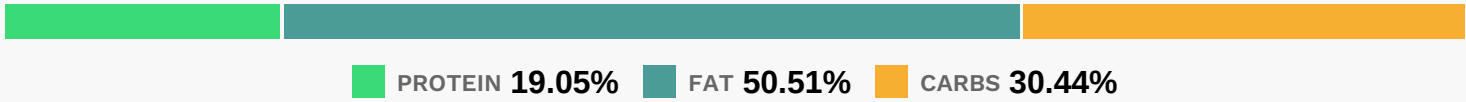
Equipment

- ☐ 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 1/2 cup butter over medium heat.
- ☐ Add onion; cook 3 to 4 minutes, stirring frequently, until tender. Stir in flour, salt and pepper until well blended. Stir in milk. Cook 4 to 5 minutes, stirring constantly, until thickened. Gradually stir in eggs and cheese. Stir in corn and parsley.
- ☐ Pour into baking dish.
- ☐ In small bowl, mix bread crumbs and 3 tablespoons 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:15.91, Glycemic Load:5.55, Inflammation Score:-5, Nutrition Score:8.6956522464752%

Flavonoids

Apigenin: 35.18mg, Apigenin: 35.18mg, Apigenin: 35.18mg, Apigenin: 35.18mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.71mg, Isorhamnetin: 2.71mg, Isorhamnetin: 2.71mg, Isorhamnetin: 2.71mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 193.86kcal (9.69%), Fat: 11.07g (17.03%), Saturated Fat: 4.9g (30.61%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 13.89g (5.05%), Sugar: 4.41g (4.9%), Cholesterol: 82.65mg (27.55%), Sodium: 277.03mg (12.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.78%), Calcium: 203.29mg (20.33%), Phosphorus: 191.11mg (19.11%), Selenium: 12.97µg (18.53%), Vitamin B2: 0.29mg (17.16%), Vitamin K: 11.73µg (11.17%), Vitamin B12: 0.64µg (10.61%), Manganese: 0.21mg (10.25%), Vitamin A: 492.31IU (9.85%), Vitamin B1: 0.15mg (9.75%), Zinc: 1.26mg (8.37%), Vitamin B5: 0.76mg (7.6%), Folate: 30.11µg (7.53%), Vitamin D: 1.07µg (7.1%), Magnesium: 25.03mg (6.26%), Vitamin B6: 0.12mg (6.09%), Potassium: 209.42mg (5.98%), Iron: 1.02mg (5.65%), Vitamin B3: 1.09mg (5.44%), Fiber: 1.11g (4.44%), Vitamin E: 0.49mg (3.25%), Vitamin C: 2.34mg (2.83%), Copper: 0.05mg (2.7%)