



Classic Baked Corn Pudding

READY IN



95 min.

SERVINGS



16

CALORIES



245 kcal

SIDE DISH

Ingredients

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

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

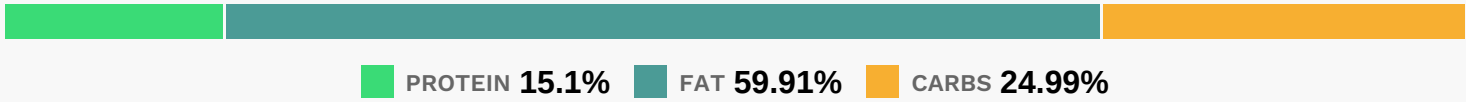
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:12.44, Glycemic Load:3.36, Inflammation Score:-6, Nutrition Score:9.09999999149986%

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: 245.28kcal (12.26%), Fat: 16.62g (25.58%), Saturated Fat: 6.07g (37.91%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 14.41g (5.24%), Sugar: 3.44g (3.82%), Cholesterol: 82.65mg (27.55%), Sodium: 344.77mg (14.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.86%), Calcium: 205.63mg (20.56%), Phosphorus: 194.86mg (19.49%), Selenium: 13.1µg (18.71%), Vitamin B2: 0.3mg (17.7%), Vitamin A: 690.98IU (13.82%), Vitamin K: 11.65µg (11.09%), Vitamin B12: 0.64µg (10.73%), Manganese: 0.2mg (10.16%), Vitamin B1: 0.15mg (9.94%), Zinc: 1.27mg (8.49%), Folate: 33.79µg (8.45%), Vitamin D: 1.07µg (7.1%), Magnesium: 26.52mg (6.63%), Vitamin B5: 0.66mg (6.6%), Vitamin B6: 0.13mg (6.55%), Potassium: 228.56mg (6.53%), Iron: 1.07mg (5.92%), Vitamin B3: 1.09mg (5.45%), Fiber: 1.2g (4.78%), Vitamin E: 0.69mg (4.59%), Vitamin C: 2.71mg (3.29%), Copper: 0.05mg (2.72%)