



## Comfort Corn Pudding

READY IN



45 min.

SERVINGS



9

CALORIES



351 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup butter melted
- ☐ 15 oz corn drained canned
- ☐ 8.5 oz just-add-water cornbread mix
- ☐ 28 oz corn canned
- ☐ 1 cup cream sour

### Equipment

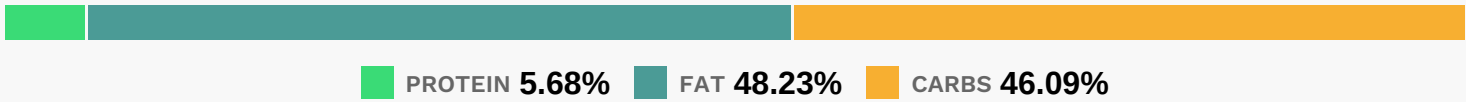
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ toothpicks

## Directions

- ☐ In a bowl, mix together creamed corn, corn, sour cream and butter. Stir in dry cornbread mix; blend well.
- ☐ Pour into a 13"x9" baking pan that has been sprayed with non-stick vegetable spray.
- ☐ Bake, uncovered, at 375 degrees for 30 to 40 minutes, until a toothpick inserted into the center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:5.56, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:7.1700000192808%

## Nutrients (% of daily need)

Calories: 351.41kcal (17.57%), Fat: 19.5g (30%), Saturated Fat: 10.05g (62.82%), Carbohydrates: 41.91g (13.97%), Net Carbohydrates: 39.12g (14.22%), Sugar: 9.17g (10.19%), Cholesterol: 42.73mg (14.24%), Sodium: 614.97mg (26.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Phosphorus: 217.73mg (21.77%), Folate: 78.44µg (19.61%), Vitamin A: 570.42IU (11.41%), Fiber: 2.8g (11.19%), Vitamin B3: 2.14mg (10.7%), Vitamin B2: 0.17mg (10.23%), Vitamin B1: 0.15mg (9.89%), Manganese: 0.17mg (8.68%), Magnesium: 29.42mg (7.36%), Potassium: 238.22mg (6.81%), Iron: 1.13mg (6.27%), Vitamin C: 4.68mg (5.67%), Zinc: 0.85mg (5.65%), Vitamin B6: 0.1mg (5.03%), Calcium: 47.69mg (4.77%), Copper: 0.09mg (4.39%), Selenium: 2.92µg (4.18%), Vitamin B5: 0.39mg (3.87%), Vitamin E: 0.49mg (3.3%), Vitamin K: 2.6µg (2.48%), Vitamin B12: 0.1µg (1.65%)