



Corn Pudding

READY IN



50 min.

SERVINGS



12

CALORIES



223 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 15 oz regular corn cream-style canned
- 8.5 oz corn muffin mix
- 1 cup knudsen cream sour
- 3 eggs
- 15 oz kernel corn whole drained canned

Equipment

- oven

baking pan

Directions

Heat oven to 375F.

Mix ingredients until blended.

Pour into 13x9-inch baking dish sprayed with cooking spray.

Bake 35 to 40 min. or until golden brown.

Nutrition Facts

 **PROTEIN 8.24%**  **FAT 46.13%**  **CARBS 45.63%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:5.4082608741263%

Nutrients (% of daily need)

Calories: 223.36kcal (11.17%), Fat: 11.68g (17.96%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 24.26g (8.82%), Sugar: 5.92g (6.58%), Cholesterol: 52.63mg (17.54%), Sodium: 380.47mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Phosphorus: 168.23mg (16.82%), Folate: 50.56µg (12.64%), Vitamin B2: 0.16mg (9.58%), Vitamin A: 397.29IU (7.95%), Selenium: 5.35µg (7.65%), Vitamin B1: 0.11mg (7.22%), Fiber: 1.73g (6.92%), Vitamin B3: 1.31mg (6.57%), Manganese: 0.11mg (5.62%), Iron: 0.92mg (5.11%), Magnesium: 18.12mg (4.53%), Potassium: 152.41mg (4.35%), Zinc: 0.61mg (4.04%), Calcium: 40.15mg (4.02%), Vitamin B5: 0.4mg (3.97%), Vitamin B6: 0.08mg (3.75%), Copper: 0.06mg (2.89%), Vitamin C: 2.26mg (2.74%), Vitamin B12: 0.16µg (2.68%), Vitamin E: 0.39mg (2.61%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.32µg (1.26%)