



Corn Pudding

READY IN



75 min.

SERVINGS



6

CALORIES



382 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 cups corn scraped from cob
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon marjoram dried
- ☐ 1 tablespoon parsley dried
- ☐ 0.5 tablespoon sage dried
- ☐ 0.5 tablespoon tarragon dried
- ☐ 1 tablespoon thyme leaves dried
- ☐ 2 eggs beaten

- ☐ 2 cups milk
- ☐ 0.5 cup onion finely chopped
- ☐ 1 tablespoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 6 saltines crumbled
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon summer savory dried

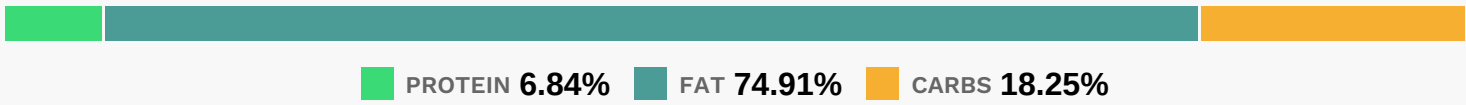
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Mix all ingredients together.
- ☐ Pour into greased 1 1/2-quart baking dish and bake for 1 hour.
- ☐ Mix the herbs together and store in an air-tight jar.

Nutrition Facts



Properties

Glycemic Index:40.02, Glycemic Load:0.68, Inflammation Score:-9, Nutrition Score:13.849130423173%

Flavonoids

Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 381.54kcal (19.08%), Fat: 33.23g (51.12%), Saturated Fat: 20.27g (126.7%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 14.76g (5.37%), Sugar: 6.26g (6.96%), Cholesterol: 149.22mg (49.74%), Sodium: 484.23mg (21.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Vitamin K: 48.26µg (45.96%), Vitamin A: 1777.81IU (35.56%), Manganese: 0.53mg (26.72%), Iron: 4.06mg (22.55%), Calcium: 179.2mg (17.92%), Vitamin B2: 0.29mg (17.33%), Fiber: 3.45g (13.78%), Phosphorus: 135.92mg (13.59%), Magnesium: 50.32mg (12.58%), Folate: 47.39µg (11.85%), Selenium: 7.84µg (11.19%), Vitamin D: 1.56µg (10.42%), Vitamin C: 8.22mg (9.97%), Vitamin B6: 0.2mg (9.8%), Potassium: 333.96mg (9.54%), Vitamin B1: 0.14mg (9.34%), Vitamin E: 1.33mg (8.9%), Vitamin B5: 0.82mg (8.18%), Vitamin B3: 1.45mg (7.23%), Zinc: 0.92mg (6.15%), Copper: 0.11mg (5.57%), Vitamin B12: 0.26µg (4.4%)