

Corn Pudding

READY IN



50 min.

SERVINGS



12

CALORIES



224 kcal

SIDE DISH

Ingredients

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

Equipment

- ☐ oven

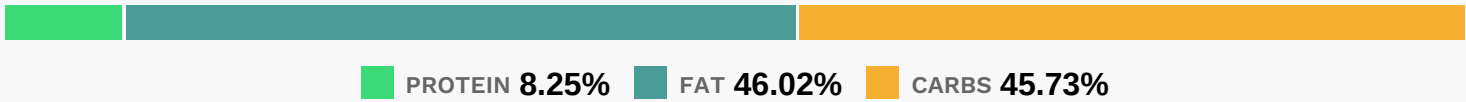
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baking pan

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Mix all ingredients until well blended.
- ☐ Spoon into 13x9-inch baking dish sprayed with cooking spray.
- ☐ Bake 35 to 40 minutes or until golden brown.
- ☐ Serve with additional butter, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:5.4252174522566%

Nutrients (% of daily need)

Calories: 224.23kcal (11.21%), Fat: 11.69g (17.99%), Saturated Fat: 3.79g (23.71%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 24.42g (8.88%), Sugar: 5.92g (6.58%), Cholesterol: 52.63mg (17.54%), Sodium: 382.4mg (16.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Phosphorus: 168.72mg (16.87%), Folate: 50.9µg (12.72%), Vitamin B2: 0.16mg (9.59%), Vitamin A: 397.29IU (7.95%), Selenium: 5.35µg (7.65%), Vitamin B1: 0.11mg (7.23%), Fiber: 1.73g (6.92%), Vitamin B3: 1.32mg (6.62%), Manganese: 0.11mg (5.65%), Iron: 0.92mg (5.13%), Magnesium: 18.25mg (4.56%), Potassium: 153.78mg (4.39%), Zinc: 0.61mg (4.07%), Calcium: 40.18mg (4.02%), Vitamin B5: 0.4mg (3.97%), Vitamin B6: 0.08mg (3.75%), Copper: 0.06mg (2.91%), Vitamin C: 2.28mg (2.76%), Vitamin B12: 0.16µg (2.68%), Vitamin E: 0.39mg (2.61%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.32µg (1.26%)