



## Corn Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



559 kcal

SIDE DISH

## Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 0.1 teaspoon cayenne
- ☐ 6 eggs
- ☐ 1 cup corn kernels fresh frozen (from 2 ears)
- ☐ 1 bell pepper green chopped
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1.5 cups half-and-half
- ☐ 1.3 pounds ham smoked black such as forest, cut into 1/2-inch pieces

- ☐ 1 cup monterey jack   grated
- ☐ 1 onion   chopped
- ☐ 1 bell pepper   red chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.5 teaspoons sugar

## Equipment

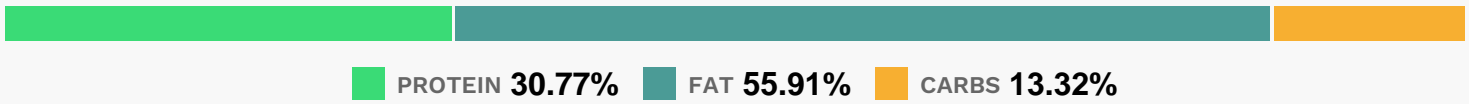
- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ toothpicks

## Directions

- ☐ Heat the oven to 35
- ☐ Butter an 8-by-12-inch baking dish or another shallow baking dish of about the same size. In a medium nonstick frying pan, melt the butter over moderately low heat.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the bell peppers and cook, stirring occasionally, until the peppers are tender, about 5 minutes more. Stir in the ham, salt, and black pepper and cook, stirring, for 1 minute. Set aside to cool.
- ☐ Meanwhile, combine the corn and half-and-half in a blender or food processor and puree until smooth.
- ☐ Add the eggs, sugar, and cayenne. Blend thoroughly.
- ☐ Spoon the bell-pepper mixture into the prepared baking dish and then sprinkle the Monterey jack over the top.
- ☐ Pour the egg mixture over all.
- ☐ Bake until a toothpick inserted in the center of the pudding comes out clean, about 40 minutes.

- ☐
- Variations:: Omit the ham for a meatless version, or replace it with crumbled cooked chorizo for a spicier pudding.
- ☐
- Wine Recommendation: Look for a gentle and fruity merlot from Chile. These wines have the wonderful soft texture and ripe–berry flavors one expects from merlot, along with somewhat earthy undertones that will marry nicely with the corn.

Nutrition Facts



Properties

Glycemic Index:70.02, Glycemic Load:2.17, Inflammation Score:-9, Nutrition Score:25.107391295226%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 559.07kcal (27.95%), Fat: 35.31g (54.33%), Saturated Fat: 18.44g (115.26%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 16.52g (6.01%), Sugar: 11.18g (12.42%), Cholesterol: 381.75mg (127.25%), Sodium: 2517.88mg (109.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.72g (87.45%), Vitamin C: 67.36mg (81.65%), Phosphorus: 728.35mg (72.84%), Vitamin A: 2163.35IU (43.27%), Selenium: 27.73µg (39.61%), Vitamin B2: 0.65mg (38.35%), Calcium: 373.83mg (37.38%), Zinc: 4.96mg (33.04%), Potassium: 872.46mg (24.93%), Copper: 0.46mg (23.2%), Magnesium: 91.91mg (22.98%), Iron: 3.76mg (20.87%), Vitamin B6: 0.4mg (20.11%), Folate: 76.2µg (19.05%), Vitamin B5: 1.76mg (17.6%), Vitamin B12: 1µg (16.72%), Vitamin E: 1.75mg (11.65%), Manganese: 0.22mg (11.05%), Vitamin B1: 0.16mg (10.7%), Vitamin D: 1.49µg (9.93%), Fiber: 2.4g (9.61%), Vitamin K: 6.79µg (6.47%), Vitamin B3: 1.29mg (6.46%)