



## Corn Pudding Crust Batter

READY IN



5 min.

SERVINGS



5

CALORIES



173 kcal

SIDE DISH

### Ingredients

- 0.5 cup baking mix reduced-fat
- 2 large eggs lightly beaten
- 20 oz regular corn frozen cream-style thawed
- 0.5 cup milk 2% reduced-fat

### Equipment

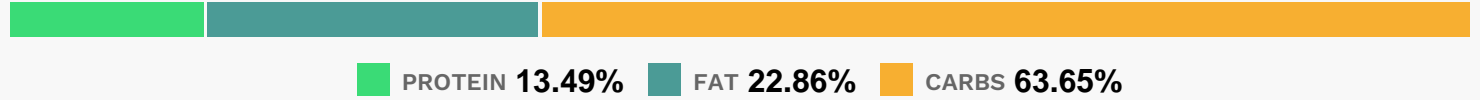
### Directions

- Stir together all ingredients until combined.

Note: For testing purposes only, we used Heart Smart Bisquick All-Purpose Baking

Mix.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.1621739682944%

### Nutrients (% of daily need)

Calories: 173.41kcal (8.67%), Fat: 4.69g (7.22%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 27.79g (10.1%), Sugar: 6.33g (7.03%), Cholesterol: 76.53mg (25.51%), Sodium: 488.58mg (21.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Phosphorus: 189.35mg (18.93%), Folate: 74.34µg (18.59%), Vitamin B2: 0.25mg (14.56%), Selenium: 8.08µg (11.55%), Vitamin B3: 1.67mg (8.35%), Vitamin B1: 0.11mg (7.56%), Vitamin B5: 0.7mg (7.01%), Zinc: 1.04mg (6.96%), Magnesium: 27.27mg (6.82%), Potassium: 232.15mg (6.63%), Fiber: 1.61g (6.45%), Calcium: 64.4mg (6.44%), Manganese: 0.13mg (6.34%), Iron: 1.12mg (6.21%), Vitamin B6: 0.12mg (6.18%), Vitamin B12: 0.35µg (5.83%), Vitamin C: 4.73mg (5.74%), Copper: 0.09mg (4.66%), Vitamin A: 216.47IU (4.33%), Vitamin D: 0.4µg (2.67%), Vitamin E: 0.31mg (2.08%)