



Corn Pudding Custard

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



401 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 3 cups regular corn
- 3 eggs beaten
- 2.5 cups heavy cream
- 1 teaspoon pepper
- 2 teaspoons salt
- 3 tablespoons sugar white

Equipment

sauce pan

microwave

Directions

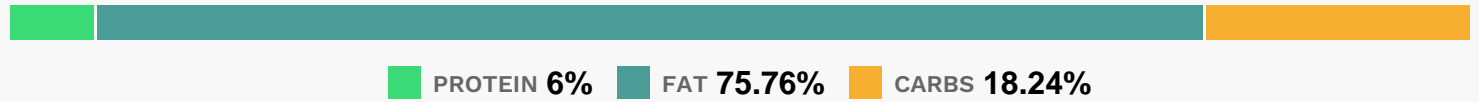
Combine the cream with salt and pepper in a small saucepan and heat until it bubbles. Stir in butter, eggs, sugar and corn.

Transfer to a microwave safe dish.

Microwave on high for 20 minutes.

Let stand 10 minutes to thicken.

Nutrition Facts



Properties

Glycemic Index:25.95, Glycemic Load:9.13, Inflammation Score:-7, Nutrition Score:7.4926087027011%

Nutrients (% of daily need)

Calories: 400.72kcal (20.04%), Fat: 35.06g (53.94%), Saturated Fat: 21.39g (133.66%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 17.54g (6.38%), Sugar: 9.35g (10.39%), Cholesterol: 160.68mg (53.56%), Sodium: 671.17mg (29.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.49%), Vitamin A: 1512.94IU (30.26%), Vitamin B2: 0.25mg (14.82%), Phosphorus: 122.37mg (12.24%), Selenium: 7.52µg (10.75%), Vitamin D: 1.52µg (10.13%), Vitamin B5: 0.91mg (9.11%), Vitamin E: 1.08mg (7.18%), Manganese: 0.14mg (6.77%), Vitamin B6: 0.14mg (6.76%), Potassium: 224.56mg (6.42%), Calcium: 63.28mg (6.33%), Folate: 24.27µg (6.07%), Fiber: 1.45g (5.8%), Magnesium: 22.79mg (5.7%), Vitamin B3: 1.04mg (5.19%), Zinc: 0.76mg (5.07%), Vitamin B1: 0.08mg (5.05%), Vitamin B12: 0.28µg (4.63%), Vitamin C: 3.62mg (4.39%), Iron: 0.66mg (3.64%), Vitamin K: 3.57µg (3.4%), Copper: 0.05mg (2.62%)