



Corn Pudding I

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



344 kcal

SIDE DISH

Ingredients

- 2 cups corn kernels whole cooked
- 0.3 cup cornmeal
- 1 eggs
- 2 egg whites
- 2 tablespoons parsley fresh chopped
- 1 teaspoon garlic minced
- 5 servings ground pepper black to taste
- 1 cup milk

- 1.5 teaspoons olive oil
- 1 cup onion chopped
- 0.5 cup bell pepper red chopped
- 5 servings salt to taste
- 1.5 cups cheddar cheese shredded
- 0.5 cup tortilla chips crushed

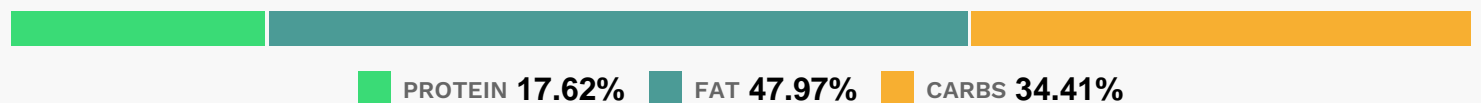
Equipment

- sauce pan
- oven
- whisk
- casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 2 quart casserole dish.
- Saute the onions, red bell peppers and garlic in the olive oil.
- Add the corn and continue to cook.
- In a another saucepan bring the milk to a simmer and slowly stir in the cornmeal. Simmer for 2 to 3 minutes constantly stirring until thick.
- Remove from the heat, and add salt and pepper to taste.
- Whisk the egg and egg whites together and slowly add them to the cornmeal mixture. Stir in the onion mixture, shredded cheese and parsley into the cornmeal mixture. Spoon mixture into the prepared casserole dish.
- Sprinkle top with more grated cheese and crushed corn tortilla chips.
- Bake for 40 to 45 minutes or until firm.

Nutrition Facts



Properties

Glycemic Index:57.3, Glycemic Load:5.48, Inflammation Score:-8, Nutrition Score:15.088695691979%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 344.18kcal (17.21%), Fat: 18.89g (29.06%), Saturated Fat: 8.45g (52.82%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 26.85g (9.76%), Sugar: 7.71g (8.56%), Cholesterol: 72.49mg (24.16%), Sodium: 641.89mg (27.91%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 15.61g (31.23%), Calcium: 332.37mg (33.24%), Phosphorus: 312.87mg (31.29%), Vitamin C: 24.8mg (30.07%), Vitamin K: 31.4µg (29.9%), Selenium: 17.27µg (24.67%), Vitamin B2: 0.41mg (23.96%), Vitamin A: 1098.66IU (21.97%), Zinc: 2.29mg (15.29%), Fiber: 3.63g (14.51%), Folate: 55.49µg (13.87%), Vitamin B6: 0.25mg (12.57%), Magnesium: 50.19mg (12.55%), Vitamin B12: 0.71µg (11.87%), Manganese: 0.22mg (10.93%), Potassium: 354.94mg (10.14%), Vitamin B5: 0.99mg (9.94%), Vitamin B1: 0.13mg (8.72%), Vitamin E: 1.29mg (8.62%), Vitamin B3: 1.25mg (6.23%), Vitamin D: 0.92µg (6.11%), Iron: 1.07mg (5.92%), Copper: 0.09mg (4.67%)