

# Corn Pudding II

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

SIDE DISH

## Ingredients

- 0.5 cup butter melted
- 6 eggs
- 4 tablespoons flour all-purpose
- 10 ounce regular corn white frozen
- 3.5 cups milk
- 1 cup sugar white

## Equipment

- food processor

- oven
- blender
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a blender or food processor blend the eggs very well.
- Add in the flour and sugar and blend well.
- Add the milk and blend slightly. Finally mix in the corn by hand. Stir in the melted butter and pour the mixture into a large casserole dish.
- Bake for about 45 minutes. When the pudding is done the center should be solid and the top should have a nice golden brown color.
- Let rest for approximately 15 minutes then serve warm.

## Nutrition Facts



## Properties

Glycemic Index:29.14, Glycemic Load:21.42, Inflammation Score:-4, Nutrition Score:9.1486956658571%

## Nutrients (% of daily need)

Calories: 357.24kcal (17.86%), Fat: 18.68g (28.73%), Saturated Fat: 10.39g (64.92%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 39.63g (14.41%), Sugar: 32.96g (36.63%), Cholesterol: 166.07mg (55.36%), Sodium: 180.04mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.7%), Phosphorus: 213.21mg (21.32%), Vitamin B2: 0.34mg (20.29%), Selenium: 14.01µg (20.01%), Calcium: 154.71mg (15.47%), Vitamin B12: 0.89µg (14.9%), Vitamin A: 706.39IU (14.13%), Vitamin D: 1.83µg (12.23%), Vitamin B5: 1.2mg (12.02%), Vitamin B1: 0.14mg (9%), Potassium: 302.88mg (8.65%), Vitamin B6: 0.17mg (8.41%), Folate: 29.89µg (7.47%), Zinc: 1.1mg (7.31%), Magnesium: 28.86mg (7.22%), Manganese: 0.12mg (5.8%), Iron: 0.96mg (5.34%), Vitamin E: 0.76mg (5.09%), Vitamin B3: 0.95mg (4.77%), Fiber: 1.06g (4.23%), Vitamin C: 2.2mg (2.66%), Copper: 0.05mg (2.61%), Vitamin K: 1.57µg (1.49%)