



## Corn Pudding III

READY IN



45 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

### Ingredients

- 4 tablespoons butter
- 29.5 ounce regular corn cream-style canned
- 3 eggs separated
- 0.3 cup flour all-purpose
- 0.1 teaspoon ground pepper white
- 1 cup milk
- 1 bell pepper diced red
- 1 teaspoon salt
- 3 tablespoons sugar white

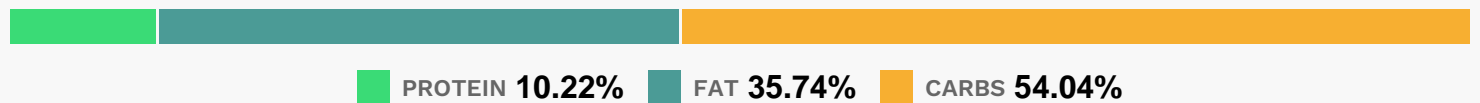
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, mix corn and butter.
- Add flour, sugar, pepper, salt, and diced red pepper.
- Mix thoroughly.
- In a small bowl, lightly beat egg yolks.
- Heat milk to steaming.
- Remove milk from heat and stir in yolks.
- Add to corn mix.
- In a medium bowl, beat egg whites until stiff. Stir 1/4 of the whites into corn. Fold in the whites.
- Pour into deep 2-quart greased baking dish.
- Bake at 350 degrees F (175 degrees C). Stir crust that forms down into pudding after 20 minutes and after 40 minutes. Total bake time: 60 minutes.

## Nutrition Facts



## Properties

Glycemic Index:33.14, Glycemic Load:6.75, Inflammation Score:-6, Nutrition Score:8.3386956505153%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 207.6kcal (10.38%), Fat: 8.77g (13.5%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 29.84g (9.95%), Net Carbohydrates: 28.13g (10.23%), Sugar: 10.04g (11.15%), Cholesterol: 80.09mg (26.7%), Sodium: 644.31mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Vitamin C: 23.33mg (28.28%), Folate: 69.29µg (17.32%), Vitamin A: 856.53IU (17.13%), Phosphorus: 128.02mg (12.8%), Vitamin B2: 0.21mg (12.62%), Selenium: 7.94µg (11.35%), Vitamin B6: 0.16mg (7.92%), Vitamin B3: 1.5mg (7.52%), Potassium: 247.41mg (7.07%), Fiber: 1.72g (6.86%), Magnesium: 26.52mg (6.63%), Manganese: 0.13mg (6.57%), Vitamin B1: 0.1mg (6.54%), Zinc: 0.97mg (6.49%), Vitamin B5: 0.63mg (6.33%), Iron: 1mg (5.57%), Vitamin B12: 0.32µg (5.39%), Calcium: 53.7mg (5.37%), Vitamin D: 0.67µg (4.44%), Vitamin E: 0.66mg (4.41%), Copper: 0.08mg (3.87%), Vitamin K: 1.38µg (1.31%)