

Corn Pudding IV

READY IN



45 min.

SERVINGS



12

CALORIES



302 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 2 tablespoons cornmeal
- 30 ounce corn canned
- 5 eggs beaten
- 2 tablespoons flour all-purpose
- 12 servings ground pepper black to taste
- 1 pint half-and-half cream
- 1 cup heavy whipping cream
- 12 servings salt to taste

- 2 tablespoons sugar white
- 30.5 ounce kernel corn whole canned

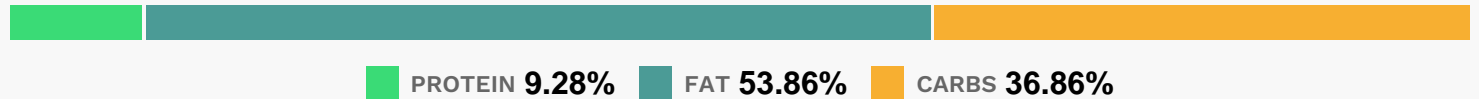
Equipment

- oven

Directions

- Combine cream-style corn, regular corn, eggs, half-and-half, cream, flour, cornmeal, sugar, melted butter, salt, and pepper in a 2-1/2 to 3-quart casserole.
- Bake at 325 to 350 degrees F (165 to 175 degrees C) for 1 hour or until set.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:2.83, Inflammation Score:-5, Nutrition Score:7.2452173492183%

Nutrients (% of daily need)

Calories: 302.46kcal (15.12%), Fat: 18.72g (28.8%), Saturated Fat: 10.56g (66.02%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 27.76g (10.1%), Sugar: 6.59g (7.33%), Cholesterol: 114.58mg (38.19%), Sodium: 582.2mg (25.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.51%), Folate: 64.98µg (16.24%), Phosphorus: 157.34mg (15.73%), Vitamin B2: 0.26mg (15.05%), Vitamin A: 701.31IU (14.03%), Selenium: 8.36µg (11.94%), Potassium: 283.99mg (8.11%), Magnesium: 29.83mg (7.46%), Zinc: 1.08mg (7.21%), Vitamin B3: 1.43mg (7.15%), Calcium: 71.12mg (7.11%), Manganese: 0.13mg (6.34%), Vitamin B5: 0.6mg (5.95%), Vitamin B6: 0.11mg (5.66%), Vitamin C: 4.6mg (5.58%), Iron: 0.91mg (5.05%), Vitamin B12: 0.28µg (4.63%), Vitamin D: 0.68µg (4.56%), Vitamin B1: 0.07mg (4.41%), Copper: 0.09mg (4.28%), Vitamin E: 0.64mg (4.27%), Fiber: 1.07g (4.26%), Vitamin K: 1.7µg (1.62%)