



Corn Pudding IV

READY IN



45 min.

SERVINGS



12

CALORIES



278 kcal

SIDE DISH

Ingredients

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

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

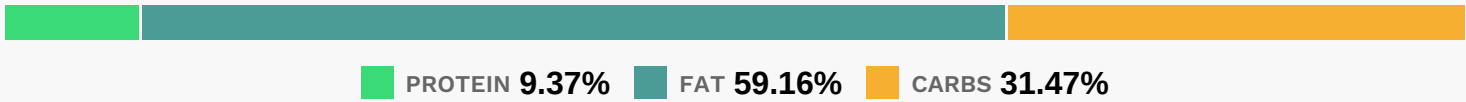
Equipment

- ☐ 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:6.2926086602004%

Nutrients (% of daily need)

Calories: 277.71kcal (13.89%), Fat: 18.67g (28.73%), Saturated Fat: 10.6g (66.27%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 21.71g (7.9%), Sugar: 5.47g (6.07%), Cholesterol: 114.9mg (38.3%), Sodium: 488.72mg (21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.31%), Vitamin B2: 0.24mg (14.03%), Phosphorus: 139.83mg (13.98%), Vitamin A: 677.85IU (13.56%), Folate: 49.51µg (12.38%), Selenium: 8.24µg (11.77%), Calcium: 71.01mg (7.1%), Potassium: 236.91mg (6.77%), Zinc: 0.89mg (5.96%), Magnesium: 23.8mg (5.95%), Vitamin B3: 1.09mg (5.43%), Vitamin B5: 0.53mg (5.33%), Manganese: 0.1mg (5.12%), Vitamin B12: 0.28µg (4.66%), Vitamin D: 0.68µg (4.56%), Vitamin B6: 0.09mg (4.55%), Iron: 0.77mg (4.29%), Vitamin E: 0.62mg (4.12%), Vitamin B1: 0.06mg (3.85%), Vitamin C: 3.14mg (3.8%), Copper: 0.07mg (3.35%), Fiber: 0.63g (2.54%), Vitamin K: 1.72µg (1.63%)