



Corn Pudding with Basil

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



246 kcal

SIDE DISH

Ingredients

- 1 cup basil fresh
- 4 cups regular corn (from 6 ears)
- 4 large eggs lightly beaten
- 3 tablespoons flour all-purpose
- 1 cup heavy whipping cream
- 1 cup milk
- 1 tablespoon sugar

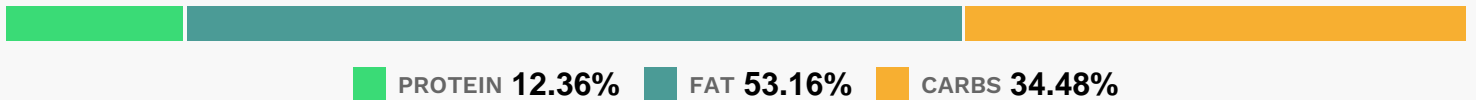
Equipment

- food processor
- bowl
- oven
- whisk
- baking pan

Directions

- Preheat oven to 350°F with rack in middle. Butter a 2 1/2-quart shallow baking dish.
- Pulse half of corn in a food processor until coarsely chopped.
- Transfer to a large bowl and stir in basil, flour, sugar, remaining corn, and 1/4 teaspoon salt.
- Whisk in milk, cream, and eggs until combined.
- Pour into baking dish and bake until center is just set, 45 minutes to 1 hour.
- Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.57, Glycemic Load:11.1, Inflammation Score:-6, Nutrition Score:9.17086961995%

Nutrients (% of daily need)

Calories: 245.82kcal (12.29%), Fat: 15.3g (23.54%), Saturated Fat: 8.35g (52.18%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 20.35g (7.4%), Sugar: 7.44g (8.26%), Cholesterol: 130.28mg (43.43%), Sodium: 56.08mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.01%), Vitamin A: 982.49IU (19.65%), Phosphorus: 161.57mg (16.16%), Vitamin B2: 0.27mg (16.04%), Selenium: 10.27µg (14.67%), Vitamin K: 13.88µg (13.22%), Vitamin B5: 1.2mg (12.01%), Manganese: 0.19mg (9.54%), Folate: 37.84µg (9.46%), Vitamin B6: 0.18mg (9.22%), Vitamin D: 1.31µg (8.74%), Vitamin B1: 0.13mg (8.52%), Potassium: 288.26mg (8.24%), Calcium: 79.21mg (7.92%), Fiber: 1.97g (7.89%), Magnesium: 31.3mg (7.83%), Vitamin B3: 1.56mg (7.79%), Vitamin B12: 0.43µg (7.25%), Zinc: 1.04mg (6.94%), Vitamin C: 4.95mg (6%), Iron: 1.04mg (5.78%), Vitamin E: 0.65mg (4.31%), Copper: 0.08mg (3.75%)