



WHATSheATE



Corn Pudding with Scallions and Red Pepper



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 4 cups corn kernels frozen thawed
- ☐ 4 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 1 cup bell pepper red chopped
- ☐ 1.5 teaspoons salt
- ☐ 1 cup spring onion chopped

- ☐ 2 tablespoons sugar
- ☐ 4 tablespoons butter unsalted melted

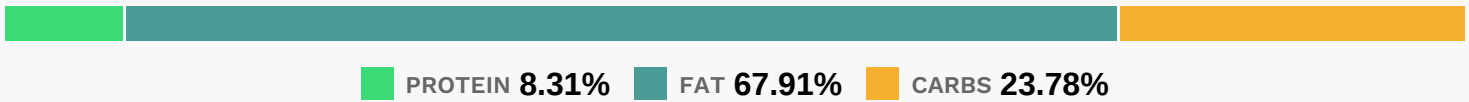
Equipment

- ☐ oven
- ☐ blender
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350F. Mist a 9-inch square ovenproof glass baking dish with cooking spray.
- ☐ In a blender, combine eggs, cream, sugar, butter, flour, baking powder and salt; blend.
- ☐ Add corn and blend until mixture is nearly smooth. Stir in scallions and bell pepper.
- ☐ Pour into dish and bake until set, with golden brown top, 45 to 50 minutes.
- ☐ Remove from oven and let pudding rest for 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:37.64, Glycemic Load:3.81, Inflammation Score:-8, Nutrition Score:11.603043514749%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 320.35kcal (16.02%), Fat: 25.27g (38.88%), Saturated Fat: 14.86g (92.88%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 17.51g (6.37%), Sugar: 9.11g (10.13%), Cholesterol: 158.48mg (52.83%), Sodium: 761.26mg (33.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Vitamin A: 1710.59IU (34.21%), Vitamin C: 27.77mg (33.66%), Vitamin K: 28.79µg (27.42%), Vitamin B2: 0.31mg (18.19%), Folate: 64.08µg (16.02%), Phosphorus: 148.18mg (14.82%), Selenium: 10.33µg (14.75%), Calcium: 117.24mg (11.72%), Fiber: 2.41g (9.64%), Vitamin D: 1.32µg (8.79%), Vitamin B5: 0.87mg (8.72%), Vitamin E: 1.27mg (8.49%), Manganese: 0.16mg (7.81%), Vitamin B6: 0.15mg (7.57%), Potassium: 262.97mg (7.51%), Iron: 1.17mg (6.51%), Vitamin B3: 1.23mg (6.14%),

Magnesium: 22.35mg (5.59%), Vitamin B1: 0.08mg (5.42%), Zinc: 0.81mg (5.39%), Vitamin B12: 0.31µg (5.1%),
Copper: 0.07mg (3.4%)