



Cornmeal Pudding

 Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



187 kcal

Ingredients

- ☐ 0.3 cup self-rising corn meal mix
- ☐ 2 large eggs
- ☐ 20 ounce regular corn frozen cream-style thawed
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon lawry's seasoned salt

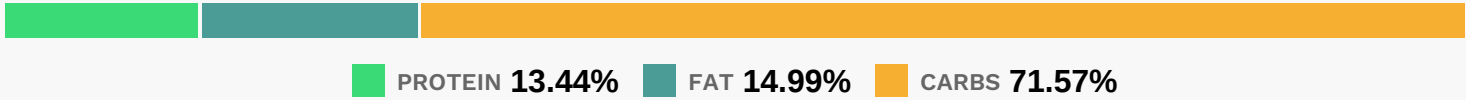
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk together 1 (20-ounce) tube frozen cream-style corn, thawed; 2 large eggs; 1/3 cup cornmeal mix; 1/2 teaspoon seasoned salt; and 1/4 teaspoon pepper.
- ☐ Pour mixture into a lightly greased 1 1/2-quart baking dish.
- ☐ Bake at 350 for 45 minutes or until golden brown and set.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:8.7091304543226%

Nutrients (% of daily need)

Calories: 187.42kcal (9.37%), Fat: 3.38g (5.2%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 36.32g (12.11%), Net Carbohydrates: 33.69g (12.25%), Sugar: 4.67g (5.19%), Cholesterol: 93mg (31%), Sodium: 883.03mg (38.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Folate: 110.12µg (27.53%), Phosphorus: 214.21mg (21.42%), Vitamin B2: 0.25mg (14.76%), Selenium: 8.25µg (11.78%), Vitamin B3: 2.12mg (10.59%), Fiber: 2.63g (10.5%), Vitamin B1: 0.15mg (9.68%), Manganese: 0.19mg (9.66%), Iron: 1.69mg (9.4%), Vitamin B6: 0.19mg (9.34%), Magnesium: 34.97mg (8.74%), Zinc: 1.27mg (8.49%), Potassium: 255.49mg (7.3%), Vitamin C: 5.81mg (7.04%), Vitamin B5: 0.69mg (6.94%), Calcium: 61.34mg (6.13%), Copper: 0.11mg (5.66%), Vitamin A: 281.24IU (5.62%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%), Vitamin E: 0.36mg (2.42%)