



## Damn Good Corn Pudding ~from 12 Bones Smokehouse

READY IN



45 min.

SERVINGS



10

CALORIES



460 kcal

SIDE DISH

### Ingredients

- 1 cup flour all-purpose
- 1 cup sugar
- 3 teaspoons double-acting baking powder
- 2 teaspoons salt
- 0.5 teaspoon pepper red
- 1 teaspoon cumin
- 1 teaspoon cilantro leaves
- 6 large eggs

- 0.5 cup butter melted
- 2 cups cup heavy whipping cream
- 14 oz corn canned
- 2 poblano pepper fresh diced seeded
- 1 cup corn fresh

## Equipment

- bowl
- frying pan
- oven
- baking pan
- hand mixer
- aluminum foil

## Directions

- Preheat the oven to 350 degrees F.
- Mix all the dry ingredients together in a bowl.
- Pour the eggs, butter, cream and creamed corn in an electric mixer.
- Mix well and add the poblanos and corn. Slowly add the flour mixture and mix until just combined. It should resemble cake batter.
- Grease a large 11 X 15 rimmed baking dish. (You could use two smaller dishes.)
- Pour the pudding mixture into the pan and place it in the oven. Lightly tent the pan with foil.
- Bake for 1 hour, until the center is just set. (30-40 minutes for smaller pans) You may want to take the foil off the last 10-15 minutes so the top will be golden.
- Serves 1, or if youre in a sharing mood 8-10.

## Nutrition Facts

PROTEIN 6.74% FAT 56.49% CARBS 36.77%

## Properties

Glycemic Index:33.41, Glycemic Load:21.24, Inflammation Score:-7, Nutrition Score:11.106086956522%

## Flavonoids

Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Taste

Sweetness: 80.6%, Saltiness: 38.5%, Sourness: 4.12%, Bitterness: 2.12%, Savoriness: 19.77%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 459.8kcal (22.99%), Fat: 29.82g (45.88%), Saturated Fat: 17.81g (111.28%), Carbohydrates: 43.67g (14.56%), Net Carbohydrates: 41.93g (15.25%), Sugar: 23.37g (25.96%), Cholesterol: 189.79mg (63.26%), Sodium: 828.29mg (36.01%), Protein: 8.01g (16.01%), Vitamin C: 22.25mg (26.98%), Vitamin A: 1296.31IU (25.93%), Selenium: 15.43µg (22.05%), Vitamin B2: 0.34mg (19.99%), Phosphorus: 170.18mg (17.02%), Folate: 65.32µg (16.33%), Calcium: 130.24mg (13.02%), Vitamin B1: 0.16mg (10.79%), Iron: 1.8mg (9.97%), Manganese: 0.19mg (9.34%), Vitamin B6: 0.18mg (9.22%), Vitamin D: 1.36µg (9.08%), Vitamin B3: 1.59mg (7.95%), Vitamin B5: 0.79mg (7.93%), Vitamin E: 1.18mg (7.9%), Potassium: 252.38mg (7.21%), Fiber: 1.74g (6.96%), Zinc: 0.97mg (6.49%), Magnesium: 25.54mg (6.38%), Vitamin B12: 0.36µg (6.04%), Copper: 0.09mg (4.71%), Vitamin K: 4.35µg (4.15%)