



Dashiell Corn Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon cornmeal
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.8 cup milk
- ☐ 3 tablespoons sugar
- ☐ 30.5 ounce kernel corn whole drained canned

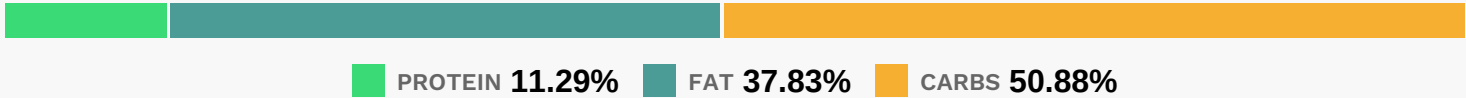
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan

Directions

- ☐ Process 1 can corn in blender until smooth, stopping to scrape down sides.
- ☐ Stir together pureed corn, remaining whole kernel corn, flour, and next 3 ingredients in a large bowl.
- ☐ Whisk together milk, next 3 ingredients, and, if desired, vanilla extract. Stir into corn mixture.
- ☐ Pour into a lightly greased shallow 2-quart baking dish.
- ☐ Bake at 350 for 35 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:40.82, Glycemic Load:6.25, Inflammation Score:-3, Nutrition Score:4.3930434918274%

Nutrients (% of daily need)

Calories: 185.91kcal (9.3%), Fat: 7.83g (12.05%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 23.45g (8.53%), Sugar: 5.68g (6.31%), Cholesterol: 49.24mg (16.42%), Sodium: 252.31mg (10.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Folate: 44.87µg (11.22%), Phosphorus: 100.49mg (10.05%), Selenium: 5.7µg (8.14%), Vitamin B2: 0.13mg (7.54%), Vitamin A: 292.47IU (5.85%), Vitamin B3: 1.14mg (5.7%), Potassium: 187.68mg (5.36%), Manganese: 0.11mg (5.31%), Magnesium: 18.56mg (4.64%), Vitamin B1: 0.07mg (4.61%), Zinc: 0.63mg (4.17%), Vitamin B12: 0.24µg (4%), Calcium: 39.95mg (3.99%), Iron: 0.68mg (3.78%), Vitamin D: 0.5µg (3.34%), Vitamin B5: 0.31mg (3.06%), Copper: 0.05mg (2.61%), Vitamin C: 1.85mg (2.24%), Vitamin B6: 0.04mg (2.24%), Vitamin E: 0.31mg (2.09%)