

Easy Corn Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



408 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound butter softened
- ☐ 8.5 ounce corn bread mix
- ☐ 15 ounce corn canned
- ☐ 15.3 ounce kernel corn whole canned

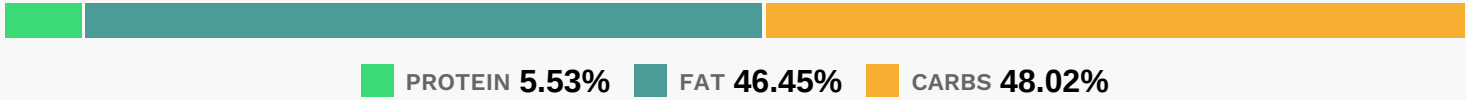
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Put butter in 2 quart casserole dish, place in oven until melted.
- ☐ Remove casserole dish and add creamed corn, kernel corn, corn muffin mix and sour cream.
- ☐ Mix well, bake uncovered approximately 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:7.8869565207025%

Nutrients (% of daily need)

Calories: 407.74kcal (20.39%), Fat: 21.56g (33.16%), Saturated Fat: 11.16g (69.75%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 46.67g (16.97%), Sugar: 10.47g (11.63%), Cholesterol: 41.44mg (13.81%), Sodium: 752.08mg (32.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Phosphorus: 266.62mg (26.66%), Folate: 89.29µg (22.32%), Fiber: 3.46g (13.84%), Vitamin B1: 0.2mg (13.35%), Vitamin B3: 2.59mg (12.96%), Vitamin A: 570.94IU (11.42%), Manganese: 0.22mg (10.75%), Vitamin B2: 0.16mg (9.65%), Iron: 1.44mg (7.98%), Magnesium: 29.99mg (7.5%), Potassium: 228.47mg (6.53%), Zinc: 0.82mg (5.49%), Vitamin C: 4.17mg (5.06%), Vitamin B6: 0.1mg (4.83%), Copper: 0.09mg (4.67%), Selenium: 2.72µg (3.89%), Vitamin E: 0.55mg (3.68%), Vitamin B5: 0.34mg (3.41%), Vitamin K: 3.33µg (3.17%), Calcium: 31mg (3.1%), Vitamin B12: 0.07µg (1.14%)