



Fresh Corn Bread Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



290 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 1 cup egg substitute
- ☐ 3 cups milk fat-free
- ☐ 3 cups corn kernels fresh (6 ears)
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon salt
- ☐ 5 ounces sharp cheddar cheese shredded white
- ☐ 0.8 pound bread white hearty country-style (such as Pepperidge Farm Country)

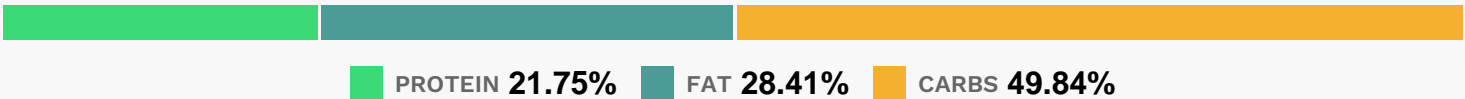
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 30
- ☐ Trim crust from bread; discard crust.
- ☐ Cut bread into 2-inch cubes.
- ☐ Place bread cubes on a baking sheet.
- ☐ Bake at 300 for 30 minutes or until bread is toasted, turning occasionally.
- ☐ Increase oven temperature to 42
- ☐ Heat butter in a large nonstick skillet over medium-high heat.
- ☐ Add corn and garlic to pan; cook 4 minutes or until lightly browned, stirring occasionally.
- ☐ Combine milk, egg substitute, salt, and black pepper in a large bowl, stirring with a whisk.
- ☐ Add corn mixture and cheese to milk mixture, and stir to combine. Fold in the bread cubes.
- ☐ Pour corn mixture into a 2-quart baking dish coated with cooking spray; let stand 10 minutes.
- ☐ Bake at 425 for 40 minutes or until puffed and set.

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:16.64, Inflammation Score:-6, Nutrition Score:15.378260731697%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 290.3kcal (14.52%), Fat: 9.38g (14.43%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 37.03g (12.34%), Net Carbohydrates: 34.92g (12.7%), Sugar: 10.99g (12.21%), Cholesterol: 23.16mg (7.72%), Sodium: 723.17mg (31.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.16g (32.31%), Selenium: 29.61µg (42.3%), Calcium: 362.05mg (36.21%), Phosphorus: 299.62mg (29.96%), Vitamin B2: 0.45mg (26.35%), Vitamin B1: 0.39mg (26.32%), Folate: 80.48µg (20.12%), Manganese: 0.37mg (18.71%), Vitamin B3: 3.16mg (15.78%), Vitamin B5: 1.53mg (15.26%), Vitamin B12: 0.82µg (13.75%), Zinc: 2mg (13.32%), Iron: 2.36mg (13.12%), Magnesium: 52.33mg (13.08%), Potassium: 433.24mg (12.38%), Vitamin A: 566.25IU (11.33%), Vitamin D: 1.6µg (10.65%), Vitamin B6: 0.21mg (10.46%), Fiber: 2.11g (8.42%), Vitamin E: 0.77mg (5.15%), Vitamin C: 4.2mg (5.09%), Copper: 0.1mg (5.04%)