



Grandma Swallow's Corn Pudding

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 30 ounce regular corn cream-style canned
- 0.3 cup cornstarch
- 5 eggs
- 0.5 cup milk
- 1 teaspoon vanilla extract
- 0.3 cup sugar white
- 14 ounce kernel corn whole canned

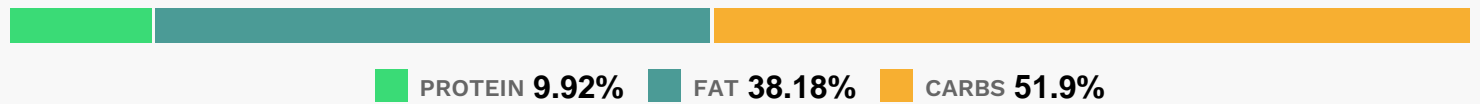
Equipment

- bowl
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix cream-style corn, whole kernel corn, milk, eggs, butter, sugar, cornstarch, and vanilla extract together in a bowl; pour into a 2-quart casserole dish.
- Bake in the preheated oven until pudding is cooked through and bubbling, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:4.64, Inflammation Score:-4, Nutrition Score:7.0334783015044%

Nutrients (% of daily need)

Calories: 270.29kcal (13.51%), Fat: 11.95g (18.39%), Saturated Fat: 6.18g (38.65%), Carbohydrates: 36.56g (12.19%), Net Carbohydrates: 35.24g (12.82%), Sugar: 10.58g (11.75%), Cholesterol: 124.47mg (41.49%), Sodium: 464.47mg (20.19%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 6.99g (13.98%), Folate: 73.31µg (18.33%), Phosphorus: 147.23mg (14.72%), Selenium: 9.4µg (13.43%), Vitamin B2: 0.22mg (12.67%), Vitamin A: 488.24IU (9.76%), Potassium: 264.09mg (7.55%), Zinc: 1.13mg (7.54%), Magnesium: 29.03mg (7.26%), Vitamin B3: 1.45mg (7.25%), Vitamin B5: 0.68mg (6.8%), Vitamin C: 5.2mg (6.31%), Vitamin B6: 0.12mg (6.17%), Vitamin B12: 0.34µg (5.72%), Iron: 1.02mg (5.66%), Manganese: 0.11mg (5.6%), Fiber: 1.31g (5.25%), Vitamin D: 0.72µg (4.79%), Copper: 0.09mg (4.67%), Calcium: 40.81mg (4.08%), Vitamin E: 0.59mg (3.93%), Vitamin B1: 0.05mg (3.53%)