



## Great Aunt D.J.'s Corn Pudding

 Vegetarian

READY IN



**60 min.**

SERVINGS



**8**

CALORIES



**514 kcal**

SIDE DISH

### Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 6 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 6 cups regular corn frozen
- ☐ 2 cups heavy whipping cream
- ☐ 2 teaspoons salt
- ☐ 0.3 cup sugar white

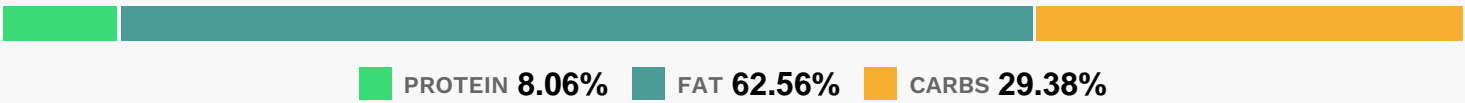
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
- ☐ Mix sugar, flour, baking powder, and salt together in a bowl.
- ☐ Beat eggs together in a large bowl until well mixed; stir in cream and butter. Gradually stir sugar mixture into egg mixture until smooth; fold in corn until evenly coated.
- ☐ Pour corn mixture into the prepared baking dish.
- ☐ Bake in the preheated oven until pudding is lightly browned and set in the middle, about 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:35.89, Glycemic Load:6.17, Inflammation Score:-7, Nutrition Score:13.017826121786%

## Nutrients (% of daily need)

Calories: 513.75kcal (25.69%), Fat: 37.56g (57.79%), Saturated Fat: 22.3g (139.4%), Carbohydrates: 39.7g (13.23%), Net Carbohydrates: 36.15g (13.15%), Sugar: 8.13g (9.03%), Cholesterol: 237.24mg (79.08%), Sodium: 854.22mg (37.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.77%), Vitamin A: 1436.65IU (28.73%), Phosphorus: 244.77mg (24.48%), Vitamin B2: 0.41mg (24.24%), Selenium: 15.42µg (22.03%), Folate: 75.08µg (18.77%), Vitamin B6: 0.31mg (15.39%), Fiber: 3.54g (14.17%), Potassium: 478.96mg (13.68%), Calcium: 128.23mg (12.82%), Magnesium: 49.45mg (12.36%), Vitamin B1: 0.18mg (11.81%), Vitamin B3: 2.32mg (11.59%), Manganese: 0.23mg (11.38%), Vitamin D: 1.7µg (11.35%), Vitamin C: 9.27mg (11.23%), Vitamin B5: 1.12mg (11.17%), Zinc: 1.53mg (10.18%), Iron: 1.81mg (10.05%), Vitamin E: 1.27mg (8.48%), Vitamin B12: 0.45µg (7.55%), Copper: 0.1mg (5.08%), Vitamin K: 3.02µg (2.87%)