



Indian Corn Bread Pudding

READY IN



1500 min.

SERVINGS



1

CALORIES



370 kcal

DESSERT

Ingredients

- ☐ 1 medium corn muffin mix
- ☐ 1 large eggs
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 serving whipped cream
- ☐ 1 tablespoon blackstrap molasses
- ☐ 0.7 cup milk whole

Equipment

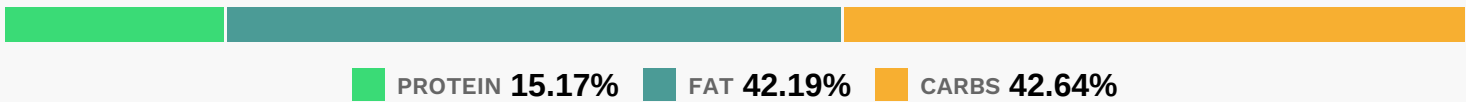
- ☐ baking sheet

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 275°F.
- ☐ Put corn bread cubes in baking dish.
- ☐ Whisk together milk, egg, molasses, ginger, and a pinch of salt and pour over bread.
- ☐ Let stand 5 minutes.
- ☐ Bake on a baking sheet in middle of oven until edge of custard is just set and center is still wobbly, 40 to 45 minutes. Cool pudding to warm (it will continue to set as it cools).

Nutrition Facts



Properties

Glycemic Index:143, Glycemic Load:18.68, Inflammation Score:-6, Nutrition Score:15.923043639764%

Nutrients (% of daily need)

Calories: 369.58kcal (18.48%), Fat: 17.38g (26.74%), Saturated Fat: 9.12g (57%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 38.93g (14.16%), Sugar: 37.16g (41.29%), Cholesterol: 234.58mg (78.19%), Sodium: 201.32mg (8.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.12%), Vitamin B2: 0.62mg (36.2%), Calcium: 354.7mg (35.47%), Phosphorus: 344.52mg (34.45%), Selenium: 23.52µg (33.61%), Vitamin B12: 1.58µg (26.36%), Manganese: 0.5mg (25.07%), Potassium: 744.07mg (21.26%), Magnesium: 84.47mg (21.12%), Vitamin D: 2.92µg (19.48%), Vitamin B5: 1.92mg (19.25%), Vitamin B6: 0.35mg (17.72%), Vitamin A: 812.68IU (16.25%), Zinc: 1.85mg (12.33%), Iron: 2mg (11.12%), Vitamin B1: 0.15mg (10.06%), Copper: 0.15mg (7.67%), Folate: 27.8µg (6.95%), Vitamin E: 0.81mg (5.37%), Vitamin B3: 0.55mg (2.76%), Fiber: 0.6g (2.39%)