



Indian Corn Pudding with Bacon and Chives

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounces canadian bacon cut into thin strips
- ☐ 1 large eggs
- ☐ 3 tablespoons chives fresh chopped
- ☐ 3 cups corn kernels fresh (6 ears)
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup onion chopped

- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups milk whole divided
- ☐ 0.3 cup cornmeal yellow
- ☐ 2 teaspoons cornmeal yellow

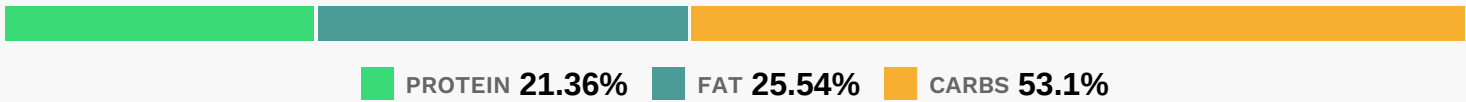
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 1 1/2-quart baking dish with cooking spray, and sprinkle with 2 teaspoons cornmeal.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add onion and next 5 ingredients (onion through bacon), and saute 3 minutes or until tender. Stir in corn kernels and 1 cup milk. Reduce heat to low; cover and cook 10 minutes, stirring occasionally.
- ☐ Add 1/3 cup cornmeal, stirring with a whisk.
- ☐ Combine 1/2 cup milk and egg; stir well with a whisk.
- ☐ Add to cornmeal mixture in skillet; stir well. Stir in chives.
- ☐ Spoon mixture into prepared dish.
- ☐ Bake pudding at 350 for 30 minutes or until lightly browned and set.
- ☐ Let stand for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:4.35, Inflammation Score:-4, Nutrition Score:7.8013043559116%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 141.77kcal (7.09%), Fat: 4.24g (6.52%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 17.68g (6.43%), Sugar: 6.62g (7.35%), Cholesterol: 35.83mg (11.94%), Sodium: 236.43mg (10.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Vitamin B1: 0.25mg (16.73%), Phosphorus: 164.57mg (16.46%), Vitamin B6: 0.22mg (10.76%), Vitamin B3: 2.11mg (10.56%), Selenium: 7.23µg (10.32%), Magnesium: 39.14mg (9.79%), Potassium: 331.52mg (9.47%), Vitamin B2: 0.16mg (9.42%), Manganese: 0.18mg (9.07%), Fiber: 2.17g (8.67%), Folate: 33.87µg (8.47%), Vitamin B5: 0.8mg (8.02%), Vitamin C: 5.88mg (7.13%), Calcium: 68.54mg (6.85%), Vitamin D: 1.03µg (6.83%), Vitamin B12: 0.4µg (6.63%), Zinc: 0.98mg (6.55%), Vitamin A: 285.27IU (5.71%), Iron: 0.78mg (4.32%), Copper: 0.07mg (3.46%), Vitamin K: 2.96µg (2.82%), Vitamin E: 0.21mg (1.39%)