



Maple Corn Pudding



Gluten Free

READY IN



245 min.

SERVINGS



8

CALORIES



271 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup maple syrup
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 teaspoon salt
- ☐ 4 cups milk
- ☐ 0.5 cup cornmeal yellow
- ☐ 0.5 cup blackstrap molasses light ()

- ☐ 2 tablespoons butter
- ☐ 2 eggs beaten
- ☐ 5 cups water boiling
- ☐ 1 serving whipped cream

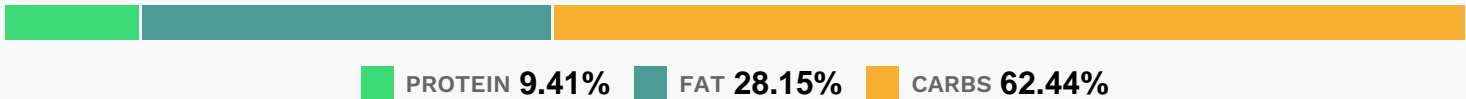
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Heat oven to 350°F. Spray 2-quart casserole with cooking spray. In small bowl, mix maple syrup, cinnamon, ginger, nutmeg and salt until well blended; set aside.
- ☐ In 3-quart saucepan, heat milk over medium heat just until tiny bubbles form at the edge (do not boil); stir in cornmeal. Cook over medium-low heat about 20 minutes, stirring constantly, until very thick; remove from heat. Stir in maple syrup mixture, molasses, butter and eggs.
- ☐ Pour mixture into casserole.
- ☐ Place casserole in 13x9-inch pan on oven rack.
- ☐ Pour boiling water into pan until 1 inch deep.
- ☐ Bake 1 hour 20 minutes to 1 hour 30 minutes or until knife inserted halfway between center and edge comes out clean. Carefully remove from water; place on cooling rack. Cool completely, about 2 hours.
- ☐ Serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:18.43, Inflammation Score:-5, Nutrition Score:11.664782670043%

Nutrients (% of daily need)

Calories: 270.97kcal (13.55%), Fat: 8.57g (13.19%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 42.76g (14.25%), Net Carbohydrates: 41.66g (15.15%), Sugar: 33.94g (37.72%), Cholesterol: 56.13mg (18.71%), Sodium: 185.18mg (8.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.89%), Manganese: 0.94mg (47.2%), Vitamin B2: 0.49mg (28.59%), Calcium: 230.98mg (23.1%), Magnesium: 83.99mg (21%), Phosphorus: 175.86mg (17.59%), Potassium: 588.51mg (16.81%), Vitamin B6: 0.29mg (14.74%), Selenium: 10.13µg (14.47%), Vitamin B12: 0.76µg (12.71%), Vitamin D: 1.57µg (10.43%), Iron: 1.55mg (8.64%), Vitamin B5: 0.86mg (8.59%), Vitamin B1: 0.13mg (8.36%), Copper: 0.16mg (8.08%), Zinc: 1.18mg (7.87%), Vitamin A: 388.21IU (7.76%), Fiber: 1.1g (4.39%), Vitamin B3: 0.61mg (3.06%), Vitamin E: 0.33mg (2.22%), Folate: 8.69µg (2.17%)