



Mexi-Corn Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup egg substitute frozen thawed
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 cups regular corn frozen mexican-style thawed
- ☐ 2 tablespoons bell pepper diced green
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon salt
- ☐ 1 cup evaporated skimmed milk
- ☐ 2 teaspoons sugar

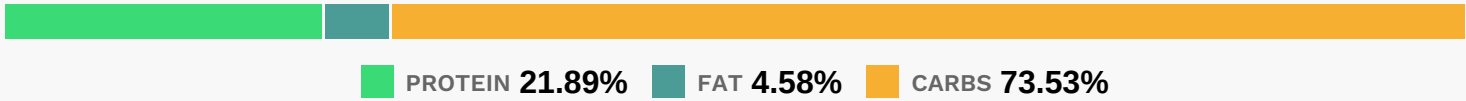
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Combine first 7 ingredients in a medium bowl; stir well.
- ☐ Combine egg substitute and milk; add to corn mixture, stirring to combine.
- ☐ Pour mixture into a 1-quart baking dish coated with cooking spray.
- ☐ Place dish in a 13- x 9- x 2-inch pan; pour hot water into pan to a depth of 1 inch.
- ☐ Bake, uncovered, at 350 for 1 hour or until a knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:37.56, Glycemic Load:2.64, Inflammation Score:-3, Nutrition Score:6.1813043485517%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 90.25kcal (4.51%), Fat: 0.51g (0.78%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 18.27g (6.09%), Net Carbohydrates: 16.61g (6.04%), Sugar: 3.88g (4.31%), Cholesterol: 1.23mg (0.41%), Sodium: 156.41mg (6.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.87%), Selenium: 10.17µg (14.52%), Vitamin B2: 0.19mg (11.18%), Phosphorus: 108.92mg (10.89%), Potassium: 281.55mg (8.04%), Vitamin B1: 0.12mg (8.03%), Vitamin C: 6.59mg (7.98%), Vitamin B6: 0.16mg (7.89%), Folate: 29.81µg (7.45%), Calcium: 71.81mg (7.18%), Fiber: 1.66g (6.64%), Magnesium: 26.44mg (6.61%), Vitamin B5: 0.65mg (6.5%), Vitamin B3: 1.13mg (5.66%), Manganese: 0.11mg (5.42%), Zinc: 0.79mg (5.24%), Vitamin D: 0.77µg (5.13%), Vitamin B12: 0.3µg (5.08%), Iron: 0.9mg (5%), Vitamin A:

159.84IU (3.2%), Vitamin E: 0.34mg (2.3%), Copper: 0.04mg (1.93%)