



WHATSheATE



Parmesan Corn Pudding

READY IN



55 min.

SERVINGS



8

CALORIES



305 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 8 servings garnish: chives fresh chopped
- ☐ 4 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1.5 cups milk
- ☐ 2 oz parmesan cheese shredded
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 24 oz shoepeg corn white frozen divided thawed
- ☐ 2 tablespoons cornmeal plain yellow

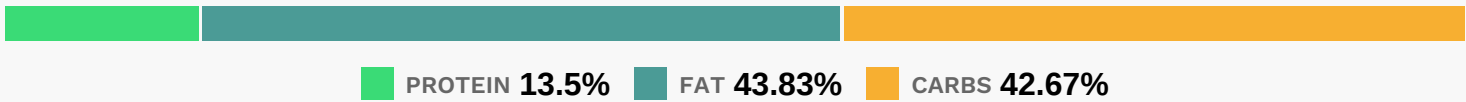
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Place 1 package of corn and next 7 ingredients (in order listed) in a large food processor. Process until smooth, stopping to scrape down sides.
- ☐ Transfer mixture to a large bowl; stir in chives and remaining corn.
- ☐ Pour mixture into a lightly greased 2-qt. baking dish; sprinkle with cheese.
- ☐ Bake at 350 for 40 to 45 minutes or until set.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:52.32, Glycemic Load:9.95, Inflammation Score:-5, Nutrition Score:10.184782567232%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 305.19kcal (15.26%), Fat: 15.61g (24.02%), Saturated Fat: 8.4g (52.47%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 31.51g (11.46%), Sugar: 17.33g (19.25%), Cholesterol: 125.88mg (41.96%), Sodium: 382.15mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.82g (21.64%), Phosphorus: 236.52mg (23.65%), Selenium:

12.46µg (17.81%), Vitamin B2: 0.27mg (16.16%), Calcium: 160.93mg (16.09%), Vitamin B5: 1.27mg (12.72%), Manganese: 0.24mg (12.11%), Vitamin A: 604.74IU (12.09%), Fiber: 2.68g (10.72%), Magnesium: 42.46mg (10.61%), Vitamin B1: 0.16mg (10.33%), Vitamin B6: 0.2mg (10.2%), Folate: 39.41µg (9.85%), Potassium: 344.09mg (9.83%), Vitamin B12: 0.57µg (9.54%), Vitamin B3: 1.81mg (9.06%), Zinc: 1.29mg (8.6%), Vitamin C: 6.29mg (7.62%), Iron: 1.25mg (6.97%), Vitamin D: 1.04µg (6.92%), Vitamin K: 5.15µg (4.91%), Vitamin E: 0.64mg (4.24%), Copper: 0.08mg (4.22%)