



WHATSheATE

Real Creamed Corn Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 tablespoons butter divided ()
- ☐ 1 cup celery chopped
- ☐ 2.5 teaspoons kosher salt divided
- ☐ 0.5 cup crème fraîche sour
- ☐ 10 ears corn
- ☐ 4 large eggs separated
- ☐ 2 cups onion chopped

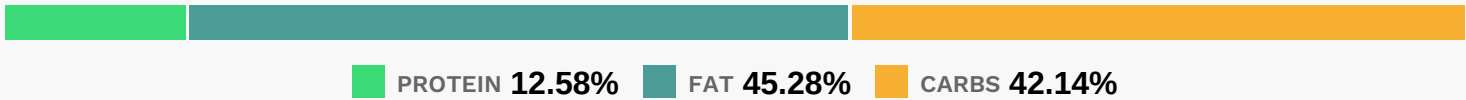
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ measuring cup
- ☐ box grater

Directions

- ☐ Using large holes on box grater, grate enough corn into large measuring cup to yield 4 generous cups of thick milky pulp.
- ☐ Preheat oven to 425°F. Melt 2 tablespoons butter in heavy large skillet over medium-low heat.
- ☐ Add onions and celery; sprinkle with 1/2 teaspoon coarse salt. Sauté until tender but not brown, 10 to 12 minutes. Scrape mixture into bowl.
- ☐ Whisk egg yolks in large bowl 2 minutes. Stir in corn mixture, onion mixture, crème fraîche, 1/8 teaspoon pepper, and remaining 2 teaspoons coarse salt.
- ☐ Whisk egg whites in medium bowl until stiff but not dry; fold into corn batter in 2 additions.
- ☐ Place remaining 2 tablespoons butter in 10- to 12-cup cast-iron skillet or baking dish.
- ☐ Transfer to oven and heat until butter begins to brown, about 4 minutes.
- ☐ Brush butter over inside of skillet.
- ☐ Add pudding.
- ☐ Bake pudding 15 minutes. Reduce oven temperature to 350°F.
- ☐ Bake pudding until set and golden, about 30 minutes longer.
- ☐ Let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.59, Inflammation Score:-5, Nutrition Score:6.601304344509%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 152.67kcal (7.63%), Fat: 8.28g (12.74%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 15.25g (5.55%), Sugar: 6.33g (7.03%), Cholesterol: 77.69mg (25.9%), Sodium: 560.17mg (24.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Folate: 48.15µg (12.04%), Phosphorus: 117.94mg (11.79%), Vitamin B1: 0.14mg (9.27%), Vitamin C: 7.42mg (8.99%), Vitamin A: 445.01IU (8.9%), Vitamin B5: 0.88mg (8.84%), Selenium: 6.14µg (8.77%), Manganese: 0.17mg (8.75%), Vitamin B2: 0.15mg (8.66%), Magnesium: 34.44mg (8.61%), Potassium: 299.79mg (8.57%), Fiber: 2.09g (8.37%), Vitamin B3: 1.41mg (7.04%), Vitamin B6: 0.14mg (7.02%), Zinc: 0.65mg (4.36%), Iron: 0.77mg (4.27%), Copper: 0.07mg (3.41%), Vitamin K: 3.35µg (3.19%), Calcium: 31.52mg (3.15%), Vitamin B12: 0.18µg (2.94%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.33µg (2.22%)