



## Round 2 - Corn Puddings

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



150 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter
- 0.3 cup cheddar grated
- 1 cup corn salad reserved from corn salad recipe
- 2 large eggs
- 4 servings kosher salt
- 0.5 cup milk
- 1 teaspoon sugar
- 0.5 teaspoon vanilla extract

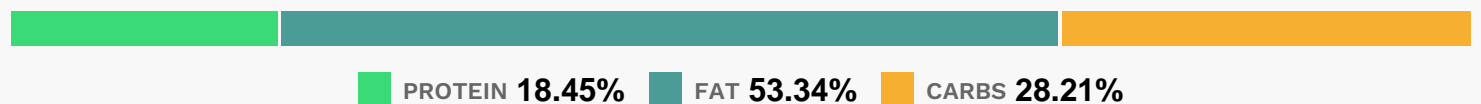
## Equipment

- bowl
- oven
- whisk
- ramekin
- baking pan

## Directions

- Preheat the oven to 350 degrees F. Butter 4 (8-ounce) ramekins. Have a baking pan large enough to fit the ramekins ready.
- Divide the Corn Salad evenly among the ramekins. In a bowl, whisk together the eggs, milk, sugar, vanilla, and salt, to taste.
- Pour the egg mixture evenly among the ramekins and top each with a tablespoon of cheese.
- Arrange the ramekins in the baking pan and put the pan in the oven.
- Pour in enough hot tap water to come halfway up the ramekins.
- Bake until set, about 30 to 35 minutes.
- Remove from the oven and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:60.15, Glycemic Load:5.26, Inflammation Score:-3, Nutrition Score:5.9691304201665%

## Nutrients (% of daily need)

Calories: 150.21kcal (7.51%), Fat: 9.17g (14.11%), Saturated Fat: 4.58g (28.63%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 9.99g (3.63%), Sugar: 4.39g (4.88%), Cholesterol: 111.25mg (37.08%), Sodium: 310.01mg (13.48%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 7.14g (14.28%), Selenium: 10.37µg (14.82%), Phosphorus: 143.17mg (14.32%), Vitamin B2: 0.21mg (12.43%), Calcium: 103.63mg (10.36%), Vitamin A: 443.9IU (8.88%), Vitamin B5: 0.84mg (8.35%), Vitamin B12: 0.47µg (7.8%), Zinc: 0.95mg (6.33%), Vitamin B6: 0.12mg (5.99%), Vitamin D: 0.88µg (5.85%), Folate: 22.19µg (5.55%), Potassium: 171.26mg (4.89%), Magnesium: 18.71mg (4.68%), Vitamin B1:

0.07mg (4.34%), Manganese: 0.07mg (3.75%), Fiber: 0.92g (3.7%), Vitamin B3: 0.71mg (3.53%), Iron: 0.63mg (3.47%), Vitamin E: 0.45mg (2.98%), Vitamin C: 2.12mg (2.57%), Copper: 0.04mg (2%)