



Santa Fe Corn Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter divided melted
- ☐ 1 cup buttery crackers salted divided crumbled crushed (such as Ritz Crackers or Carr's Croissant Crackers,)
- ☐ 0.5 cup roasted chiles green chopped (see Notes)
- ☐ 1 tsp coarse kosher salt
- ☐ 2 large eggs
- ☐ 4 cups corn kernels fresh divided (from 6 ears)
- ☐ 1.5 cups half-and-half
- ☐ 0.5 cup pepper jack cheese grated

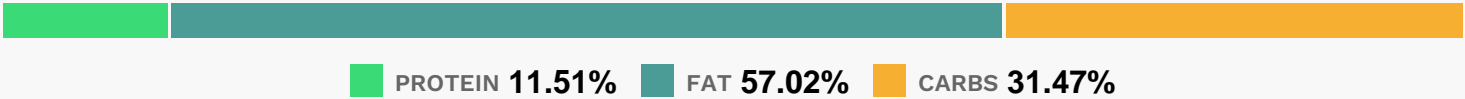
Equipment

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

Directions

- ☐ Preheat the oven to 35
- ☐ Grease a 2-qt. baking dish.
- ☐ Put 1 3/4 cups corn kernels in bowl of a food processor. Pulse until mixture is pured but still a bit chunky, about 5 pulses. Set aside.
- ☐ In a large bowl, whisk together eggs, half-and-half, and 1 tsp. salt.
- ☐ Add whole and pured corn kernels, green chiles, 1/4 cup crackers, and 3 tbsp. melted butter. Stir to combine. Spoon mixture into prepared baking dish and scatter cheese over top.
- ☐ In a small bowl, mix together remaining 3/4 cup cracker crumbs and 1 tbsp. melted butter.
- ☐ Sprinkle over cheese.
- ☐ Bake pudding 45 to 50 minutes, or until puffed and golden brown. The edges should be a bit crusty and the center still a little jiggly.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:8.0478261450063%

Nutrients (% of daily need)

Calories: 255.63kcal (12.78%), Fat: 16.94g (26.07%), Saturated Fat: 9.17g (57.33%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 19.11g (6.95%), Sugar: 7.42g (8.25%), Cholesterol: 83.72mg (27.91%), Sodium: 531.74mg

(23.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Phosphorus: 185.89mg (18.59%), Vitamin B2: 0.23mg (13.81%), Calcium: 123.1mg (12.31%), Vitamin A: 592.94IU (11.86%), Folate: 44.57µg (11.14%), Vitamin B1: 0.17mg (11.04%), Selenium: 7.16µg (10.23%), Magnesium: 36.34mg (9.09%), Vitamin B5: 0.89mg (8.93%), Vitamin B3: 1.72mg (8.59%), Potassium: 289.28mg (8.27%), Manganese: 0.16mg (8.21%), Vitamin C: 6.46mg (7.83%), Fiber: 1.93g (7.73%), Zinc: 0.94mg (6.24%), Vitamin B6: 0.12mg (6.08%), Iron: 1.01mg (5.6%), Vitamin K: 5.26µg (5.01%), Vitamin E: 0.74mg (4.92%), Vitamin B12: 0.27µg (4.47%), Copper: 0.06mg (3.2%), Vitamin D: 0.29µg (1.95%)