



Scorched Corn Pudding

READY IN



45 min.

SERVINGS



12

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon cayenne
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 7 cups corn kernels fresh (3 packages, 10 oz. each)
- ☐ 2.3 cups milk low-fat
- ☐ 12 servings salt
- ☐ 5 teaspoons sugar

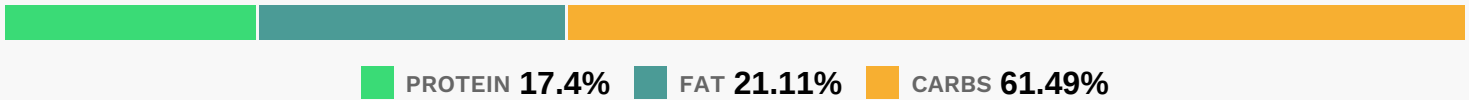
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In a 12- to 14-inch nonstick frying pan over high heat, stir corn often until about 1/4 of the kernels are tinged with brown, 10 to 12 minutes.
- ☐ Add 1 tablespoon butter. When melted, add flour and mix well.
- ☐ Remove from heat and stir in milk, sugar, and cayenne.
- ☐ Add salt to taste.
- ☐ In a small bowl, beat eggs and egg whites to blend. Stir into corn mixture.
- ☐ Butter a shallow 2 1/2-quart casserole (if desired, line with husks in a single layer; see notes).
- ☐ Pour in pudding.
- ☐ Bake in a 350 oven until center feels firm when lightly pressed, about 30 minutes (40 to 45 minutes if chilled).

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:2.61, Inflammation Score:-4, Nutrition Score:6.9013044199218%

Nutrients (% of daily need)

Calories: 130.96kcal (6.55%), Fat: 3.34g (5.14%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 20.12g (7.32%), Sugar: 9.23g (10.26%), Cholesterol: 33.21mg (11.07%), Sodium: 255.78mg (11.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Phosphorus: 141.38mg (14.14%), Vitamin B1: 0.18mg (12.04%), Folate: 45.37µg (11.34%), Vitamin B2: 0.18mg (10.86%), Magnesium: 38.89mg (9.72%), Potassium: 323.39mg (9.24%), Vitamin B5: 0.92mg (9.17%), Vitamin B3: 1.72mg (8.58%), Selenium: 5.99µg (8.56%), Manganese: 0.16mg (8.06%), Fiber: 1.77g (7.09%), Vitamin C: 5.79mg (7.01%), Vitamin A: 348.97IU (6.98%), Calcium: 63.44mg (6.34%), Vitamin B6: 0.12mg (6.1%), Vitamin B12: 0.35µg (5.84%), Zinc: 0.71mg (4.72%), Vitamin D: 0.65µg (4.36%),

Iron: 0.72mg (3.98%), Copper: 0.06mg (2.88%), Vitamin E: 0.21mg (1.37%)