

Sisi's Corn Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons flour
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 45 ounce corn kernels divided drained canned
- ☐ 4 large eggs
- ☐ 1 cup onion red chopped
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 4 tablespoons butter unsalted divided melted for dish ()

☐ 1.5 cups milk whole

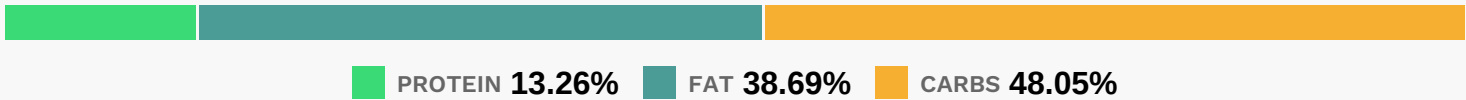
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 400°F. Butter 13 x 9 x 2-inchoval or rectangular baking dish.
- ☐ Heat 1tablespoon butter in heavy medium skilletover medium heat.
- ☐ Add onion and sautéuntil soft, about 5 minutes; cool in skillet.
- ☐ Whisk milk, eggs, flour, sugar, salt,pepper, and remaining 3 tablespoons butterin large bowl. Scrape in onion mixture.
- ☐ Add2 cans drained corn. Puree remaining 1 candrained corn in processor until smooth.
- ☐ Addpuree to bowl with custard mixture and stirto blend well; transfer to prepared dish.
- ☐ Bake pudding until set in centerand beginning to brown on top, 40 to 45minutes.
- ☐ Serve warm.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:3.91, Inflammation Score:-4, Nutrition Score:7.5008695540221%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 200.27kcal (10.01%), Fat: 9.22g (14.19%), Saturated Fat: 4.51g (28.17%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 22.86g (8.31%), Sugar: 10.58g (11.76%), Cholesterol: 90.83mg (30.28%), Sodium: 537.73mg (23.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.22%), Vitamin B2: 0.27mg (16.08%), Folate: 63.94µg (15.99%), Phosphorus: 143.82mg (14.38%), Selenium: 8.52µg (12.17%), Fiber: 2.91g (11.64%), Manganese: 0.2mg (10.11%), Vitamin B5: 0.93mg (9.33%), Potassium: 279.43mg (7.98%), Vitamin B3: 1.48mg (7.42%), Vitamin A: 365.51IU (7.31%), Vitamin B1: 0.1mg (6.74%), Calcium: 66.02mg (6.6%), Magnesium: 25.76mg (6.44%), Vitamin B12: 0.39µg (6.42%), Vitamin B6: 0.12mg (6.21%), Vitamin D: 0.89µg (5.91%), Zinc: 0.87mg (5.78%), Iron: 0.85mg (4.7%), Vitamin C: 3.23mg (3.91%), Copper: 0.07mg (3.45%), Vitamin E: 0.48mg (3.19%)