



Skillet Cornbread Pudding with Ham and Pepper Jack

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

Ingredients

- 6 ounce forest ham diced black chunk ()
- 6 servings pepper black freshly ground
- 0.5 teaspoon chili powder
- 3 large eggs
- 0.3 cup basil leaves fresh chopped
- 1.5 cups regular corn fresh frozen thawed cooked
- 1 clove garlic chopped
- 2 cups half-and-half
- 1 teaspoon kosher salt

- 4 ounces pepper jack cheese diced
- 1 bunch scallions white green sliced (and parts)
- 1 cup d cornbread stuffing cubes
- 1 pinch sugar
- 2 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat the oven to 350 degrees F.
- Melt the butter in a 10-inch cast iron skillet over medium heat.
- Add the corn, scallions, ham, garlic, and chili powder. Cook, stirring occasionally, until the scallions are soft, about 3 minutes. Meanwhile, lightly beat the eggs in a large bowl and stir in the half-and-half, cheese, basil, salt, and pepper, to taste.
- Pull the skillet from the heat. Stir the cornbread stuffing and sugar into the skillet.
- Pour the egg mixture over and stir gently to distribute all the ingredients evenly.
- Transfer the skillet to the oven and bake until lightly puffed and golden, about 30 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:12.598695775737%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin:

0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 369.51kcal (18.48%), Fat: 25.07g (38.57%), Saturated Fat: 13.16g (82.27%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 17.7g (6.44%), Sugar: 7.79g (8.65%), Cholesterol: 163.4mg (54.47%), Sodium: 1048.52mg (45.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.83g (35.66%), Selenium: 30µg (42.86%), Phosphorus: 260.89mg (26.09%), Calcium: 260.61mg (26.06%), Vitamin B2: 0.41mg (24%), Vitamin A: 997.28IU (19.95%), Vitamin K: 19.38µg (18.45%), Folate: 49.26µg (12.31%), Potassium: 381.61mg (10.9%), Zinc: 1.51mg (10.05%), Vitamin B5: 0.96mg (9.59%), Vitamin B1: 0.14mg (9.52%), Iron: 1.67mg (9.25%), Vitamin B12: 0.54µg (9.07%), Magnesium: 35.67mg (8.92%), Manganese: 0.17mg (8.42%), Vitamin E: 1.21mg (8.06%), Vitamin B6: 0.16mg (7.95%), Fiber: 1.91g (7.62%), Vitamin B3: 1.31mg (6.57%), Vitamin C: 4.28mg (5.19%), Vitamin D: 0.68µg (4.56%), Copper: 0.09mg (4.38%)