



Slow-Cooker Corn Pudding

READY IN



160 min.

SERVINGS



10

CALORIES



286 kcal

SIDE DISH

Ingredients

- 14.8 oz corn sweet cream style canned
- 15.3 oz corn sweet whole drained canned
- 6.5 oz just-add-water cornbread mix
- 1 cup cream sour
- 0.3 cup butter melted
- 1 eggs
- 4 oz colby cheese shredded

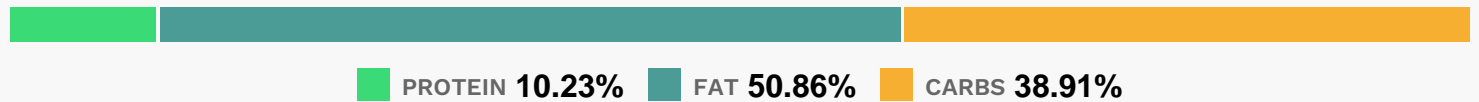
Equipment

- bowl
- knife
- slow cooker

Directions

- Spray 3- to 4 1/2-quart slow cooker with cooking spray. In medium bowl, mix all ingredients.
- Pour into slow cooker.
- Cover; cook on High heat setting 2 1/2 to 3 hours or until mixture is set and knife inserted in center comes out clean.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.55, Glycemic Load:4.31, Inflammation Score:-5, Nutrition Score:6.9321739466294%

Nutrients (% of daily need)

Calories: 286.36kcal (14.32%), Fat: 16.62g (25.56%), Saturated Fat: 8.41g (52.59%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 26.4g (9.6%), Sugar: 6.51g (7.23%), Cholesterol: 53.28mg (17.76%), Sodium: 339.8mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Phosphorus: 219.41mg (21.94%), Calcium: 117.36mg (11.74%), Folate: 44.95µg (11.24%), Vitamin A: 552.75IU (11.06%), Vitamin B2: 0.18mg (10.8%), Vitamin B1: 0.13mg (8.83%), Fiber: 2.2g (8.81%), Vitamin B3: 1.69mg (8.47%), Manganese: 0.16mg (7.86%), Selenium: 5.02µg (7.17%), Magnesium: 25.94mg (6.49%), Zinc: 0.97mg (6.47%), Potassium: 212.72mg (6.08%), Vitamin B5: 0.59mg (5.94%), Vitamin B6: 0.11mg (5.39%), Iron: 0.92mg (5.14%), Vitamin C: 3.26mg (3.95%), Vitamin B12: 0.21µg (3.46%), Copper: 0.06mg (3.08%), Vitamin E: 0.36mg (2.43%), Vitamin K: 2.15µg (2.05%), Vitamin D: 0.16µg (1.04%)