



## Slow-Cooker Corn Pudding

READY IN



160 min.

SERVINGS



10

CALORIES



293 kcal

SIDE DISH

### Ingredients

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

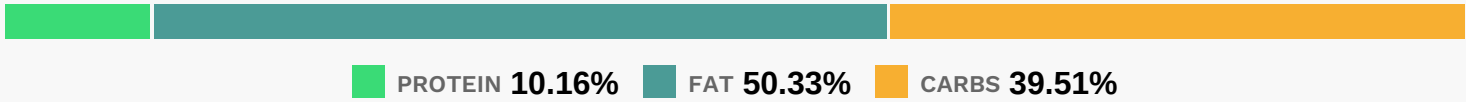
### Equipment

- ☐ 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:7.0947825805001%

## Nutrients (% of daily need)

Calories: 292.94kcal (14.65%), Fat: 16.81g (25.86%), Saturated Fat: 8.46g (52.9%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 27.39g (9.96%), Sugar: 6.83g (7.59%), Cholesterol: 53.31mg (17.77%), Sodium: 352.65mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Phosphorus: 227.1mg (22.71%), Calcium: 118.25mg (11.83%), Folate: 46.41µg (11.6%), Vitamin A: 554.56IU (11.09%), Vitamin B2: 0.19mg (11.05%), Vitamin B1: 0.14mg (9.27%), Fiber: 2.3g (9.21%), Vitamin B3: 1.75mg (8.73%), Manganese: 0.16mg (8.11%), Selenium: 5.11µg (7.29%), Magnesium: 26.32mg (6.58%), Zinc: 0.98mg (6.53%), Potassium: 214.49mg (6.13%), Vitamin B5: 0.6mg (6.02%), Vitamin B6: 0.11mg (5.49%), Iron: 0.96mg (5.35%), Vitamin C: 3.26mg (3.95%), Vitamin B12: 0.21µg (3.49%), Copper: 0.06mg (3.15%), Vitamin E: 0.37mg (2.44%), Vitamin K: 2.23µg (2.12%), Vitamin D: 0.16µg (1.04%)