



Sourdough and Corn Pudding

 Vegetarian

READY IN



65 min.

SERVINGS



10

CALORIES



528 kcal

SIDE DISH

Ingredients

- 0.5 stick butter
- 90 ounce regular corn drained canned
- 1 cup celery thinly sliced
- 2 cups chicken stock see free range low sodium, room temperature
- 2 eggs
- 0.3 cup flour all-purpose
- 3 cups half-and-half
- 1 large onion diced finely

- 25 grinds pepper black
- 2 teaspoons salt
- 1 pound sourdough loaves
- 0.3 cup sugar

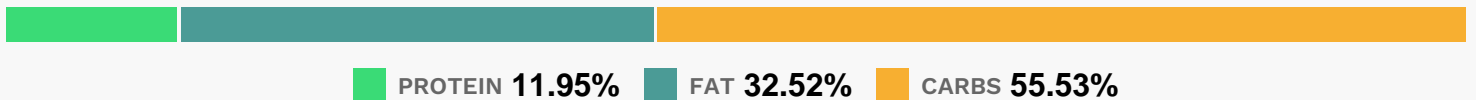
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- In the largest bowl you have, whisk together half-and-half, eggs, sugar, salt and pepper. Tear up bread into small pieces. Soak bread in half-and-half mixture. Meanwhile, melt butter in large skillet. Sweat onions and celery until soft, about 10 minutes, then stir in flour and cook until pasty, gradually whisk in chicken stock. Cook until thickened.
- Add corn and cook until corn is heated through. Toss corn mixture together with the soaked bread.
- Pour into greased 13 by 9-inch pan.
- Bake for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:36.66, Glycemic Load:25.19, Inflammation Score:-7, Nutrition Score:15.635217205338%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 528.4kcal (26.42%), Fat: 19.26g (29.62%), Saturated Fat: 9.29g (58.04%), Carbohydrates: 73.97g (24.66%), Net Carbohydrates: 71.84g (26.12%), Sugar: 13.34g (14.82%), Cholesterol: 71.73mg (23.91%), Sodium: 1325.1mg (57.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.83%), Folate: 151.3µg (37.82%), Manganese: 0.76mg (37.76%), Vitamin B1: 0.44mg (29.26%), Selenium: 20.45µg (29.21%), Vitamin B2: 0.49mg (28.63%), Phosphorus: 267.05mg (26.7%), Vitamin B3: 5.29mg (26.43%), Iron: 3.07mg (17.08%), Potassium: 593.73mg (16.96%), Magnesium: 60.52mg (15.13%), Calcium: 133.48mg (13.35%), Copper: 0.23mg (11.74%), Zinc: 1.75mg (11.65%), Vitamin A: 506.48IU (10.13%), Fiber: 2.13g (8.53%), Vitamin K: 8.9µg (8.48%), Vitamin B6: 0.16mg (8.17%), Vitamin C: 6.51mg (7.89%), Vitamin B5: 0.59mg (5.94%), Vitamin E: 0.57mg (3.82%), Vitamin B12: 0.23µg (3.76%), Vitamin D: 0.18µg (1.17%)