



## Southern Corn Pudding

READY IN



45 min.

SERVINGS



12

CALORIES



190 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter melted
- 6 eggs
- 0.3 cup flour all-purpose
- 6 cups ears corn fresh
- 3 cups milk
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.3 cup sugar

# Equipment

oven

# Directions

- Combine eggs and milk, beating well.
- Add remaining ingredients; stir well.
- Pour into 2 greased 1 1/2-quart casseroles.
- Bake at 375 for 40 minutes or until set.

# Nutrition Facts



**PROTEIN 14.86%**   **FAT 39.77%**   **CARBS 45.37%**

# Properties

Glycemic Index:17.92, Glycemic Load:5.43, Inflammation Score:-5, Nutrition Score:8.0495651908543%

# Nutrients (% of daily need)

Calories: 190.04kcal (9.5%), Fat: 8.87g (13.65%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 21.24g (7.72%), Sugar: 11.72g (13.02%), Cholesterol: 89.16mg (29.72%), Sodium: 206.89mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Phosphorus: 173.66mg (17.37%), Vitamin B2: 0.24mg (14.12%), Selenium: 9.26µg (13.23%), Vitamin B1: 0.18mg (11.75%), Folate: 45.61µg (11.4%), Vitamin B5: 1.1mg (11.01%), Vitamin A: 522.59IU (10.45%), Magnesium: 37.57mg (9.39%), Potassium: 323.04mg (9.23%), Calcium: 90.9mg (9.09%), Vitamin B12: 0.53µg (8.83%), Vitamin B3: 1.52mg (7.6%), Manganese: 0.15mg (7.51%), Vitamin D: 1.11µg (7.41%), Vitamin B6: 0.14mg (7.19%), Fiber: 1.53g (6.12%), Vitamin C: 4.94mg (5.99%), Zinc: 0.89mg (5.91%), Iron: 0.89mg (4.94%), Vitamin E: 0.46mg (3.07%), Copper: 0.06mg (3.01%)