



Summer Garden Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

Ingredients

- ☐ 1.3 cups carrots shredded
- ☐ 3 cups corn cut from the cob fresh (6 ears)
- ☐ 1 tablespoon breadcrumbs dry fine
- ☐ 2 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 cup curd cottage cheese 1% low-fat
- ☐ 0.5 cup onion minced

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1 cup evaporated skimmed milk divided
- ☐ 1.5 tablespoons cornmeal yellow

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Press zucchini between paper towels to remove excess moisture. Set aside.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add onion and garlic; saute 5 minutes or until tender.
- ☐ Add corn and carrot, and saute 5 minutes or until tender.
- ☐ Combine 1/4 cup milk, flour, and cornmeal; stir well, and add to corn mixture in skillet. Cook, stirring constantly, until thickened and bubbly.
- ☐ Remove from heat.
- ☐ Combine 1/2 cup milk, cottage cheese, and next 4 ingredients in container of an electric blender; cover and process until smooth.
- ☐ Add cottage cheese mixture to corn mixture; stir well. Stir in zucchini. Coat an 11- x 7- x 1 1/2- inch baking dish with cooking spray, and sprinkle with breadcrumbs. Spoon mixture into dish.
- ☐ Pour remaining 1/4 cup milk over mixture.
- ☐ Bake, uncovered, at 325 for 1 hour.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



 PROTEIN **26.22%**  FAT **16.27%**  CARBS **57.51%**

Properties

Glycemic Index:89.4, Glycemic Load:5.51, Inflammation Score:-10, Nutrition Score:18.892608704774%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 245.19kcal (12.26%), Fat: 4.71g (7.25%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 37.45g (12.48%), Net Carbohydrates: 33g (12%), Sugar: 14.49g (16.1%), Cholesterol: 85.94mg (28.65%), Sodium: 494.6mg (21.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.15%), Vitamin A: 7236.97IU (144.74%), Phosphorus: 319.18mg (31.92%), Vitamin B2: 0.39mg (23.21%), Selenium: 15.46µg (22.09%), Folate: 83.63µg (20.91%), Vitamin B1: 0.31mg (20.78%), Manganese: 0.39mg (19.43%), Potassium: 666.4mg (19.04%), Fiber: 4.44g (17.77%), Vitamin C: 14.27mg (17.3%), Magnesium: 68.56mg (17.14%), Vitamin B6: 0.33mg (16.67%), Vitamin B5: 1.65mg (16.49%), Calcium: 161.78mg (16.18%), Vitamin B12: 0.92µg (15.26%), Vitamin B3: 2.91mg (14.55%), Zinc: 1.61mg (10.75%), Iron: 1.84mg (10.24%), Copper: 0.15mg (7.46%), Vitamin D: 1.11µg (7.43%), Vitamin K: 6.2µg (5.91%), Vitamin E: 0.6mg (4%)