



WHATSheATE



Sweet and Spicy Corn Pudding



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



324 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon chili powder
- ☐ 4 cup corn kernels (6 ears corn)
- ☐ 3 large eggs
- ☐ 2 tablespoon cilantro leaves fresh chopped
- ☐ 1.5 cup half-and-half
- ☐ 1 onion chopped
- ☐ 1 cup queso fresco cheese crumbled

- ☐ 1 tablespoon salt
- ☐ 4 tablespoon butter unsalted

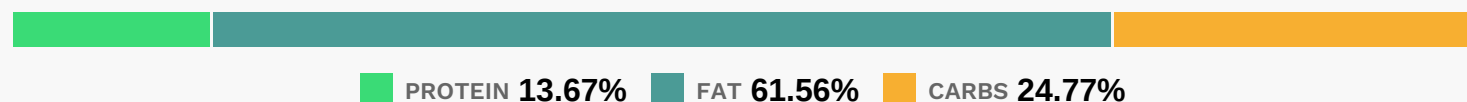
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F. Lightly utter an 8-cup gratin or shallow casserole dish. In a large saute pan, melt the remaining butter over medium heat just until foaming.
- ☐ Add the onion and saute until translucent, about 5 minutes.
- ☐ Add the bell pepper, scallions, and jalapeno and saute for 2 minutes.
- ☐ Add the corn and saute an additional 2 minutes more.
- ☐ Remove from heat and set aside. In a large bowl, whisk together the eggs and half-and-half. Stir in cilantro, salt, pepper, chili powder, and ½ cup cheese, then the cooked corn mixture.
- ☐ Pour into the prepared dish.
- ☐ Sprinkle the top with the remaining cheese.
- ☐ Place the gratin dish in a large roasting pan and fill the pan with boiling water to reach halfway up the sides of the dish.
- ☐ Bake the pudding for 40 minutes, until a knife inserted in the center comes out clean.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:10.331739145776%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 324.23kcal (16.21%), Fat: 23.13g (35.58%), Saturated Fat: 12.73g (79.59%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 18.33g (6.67%), Sugar: 8.71g (9.68%), Cholesterol: 148.27mg (49.42%), Sodium: 1616.57mg (70.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.1%), Phosphorus: 243.94mg (24.39%), Vitamin B2: 0.37mg (22.02%), Selenium: 14.42µg (20.6%), Calcium: 205.66mg (20.57%), Vitamin A: 855.19IU (17.1%), Folate: 59.36µg (14.84%), Vitamin B12: 0.69µg (11.58%), Vitamin B5: 1.06mg (10.56%), Fiber: 2.6g (10.41%), Zinc: 1.49mg (9.9%), Manganese: 0.19mg (9.34%), Potassium: 320.32mg (9.15%), Vitamin D: 1.19µg (7.93%), Vitamin B6: 0.16mg (7.76%), Magnesium: 30.76mg (7.69%), Vitamin B3: 1.23mg (6.16%), Vitamin E: 0.88mg (5.84%), Vitamin B1: 0.09mg (5.78%), Iron: 0.9mg (5.01%), Vitamin C: 3.69mg (4.47%), Copper: 0.08mg (4%), Vitamin K: 2.65µg (2.53%)