



Sweet Corn Pudding

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



5

CALORIES



261 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon cayenne pepper
- 6 ears corn sweet
- 2 eggs beaten
- 0.5 cup heavy cream
- 0.5 cup milk
- 5 servings salt and pepper black freshly ground
- 0.5 cup cheddar cheese shredded white

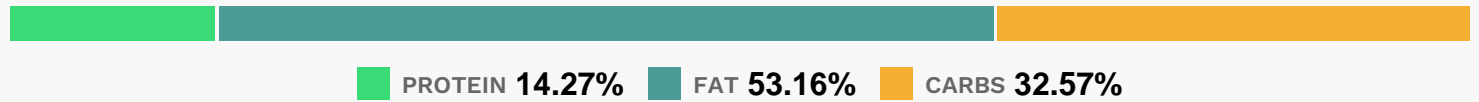
Equipment

- bowl
- oven
- knife
- casserole dish

Directions

- Preheat oven to 350 degrees F. Grease casserole dish.
- Shuck the corn and cut all kernels off with a knife into a bowl, making sure to keep all of the runoff juice from the corn. Reserve.
- Mix together the milk, heavy cream, cheese, cayenne pepper and eggs.
- Add in the reserved corn, cheese, cayenne, salt, and pepper.
- Pour mixture over reserved corn.
- Pour into casserole dish and bake for 35 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:25.8, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:10.128695726395%

Nutrients (% of daily need)

Calories: 260.6kcal (13.03%), Fat: 16.38g (25.21%), Saturated Fat: 9.01g (56.3%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 20.35g (7.4%), Sugar: 8.75g (9.73%), Cholesterol: 106.59mg (35.53%), Sodium: 130.87mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.79%), Phosphorus: 221.91mg (22.19%), Vitamin A: 883.38IU (17.67%), Vitamin B2: 0.27mg (15.89%), Selenium: 10.45µg (14.93%), Folate: 57.19µg (14.3%), Calcium: 138.37mg (13.84%), Vitamin B1: 0.2mg (13.13%), Magnesium: 50.19mg (12.55%), Vitamin B5: 1.24mg (12.44%), Potassium: 389.16mg (11.12%), Manganese: 0.2mg (10%), Vitamin B3: 1.99mg (9.95%), Vitamin C: 7.64mg (9.26%), Fiber: 2.24g (8.96%), Zinc: 1.3mg (8.68%), Vitamin B6: 0.17mg (8.33%), Vitamin B12: 0.45µg (7.44%), Vitamin D: 1.07µg (7.13%), Iron: 0.94mg (5.2%), Vitamin E: 0.64mg (4.25%), Copper: 0.08mg (3.98%), Vitamin K: 1.81µg (1.72%)