



## Sweet Corn Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



631 kcal

SIDE DISH

### Ingredients

- 8 tablespoons butter
- 1 medium onion chopped
- 2 cloves garlic sliced
- 12 ears corn
- 0.3 cup flour
- 1 quart cup heavy whipping cream
- 1 cup grits cooked
- 3 tablespoons jalapeño peppers canned minced

- 10 servings salt
- 10 servings pepper black freshly ground
- 9 eggs beaten
- 1 cup cheddar cheese shredded white

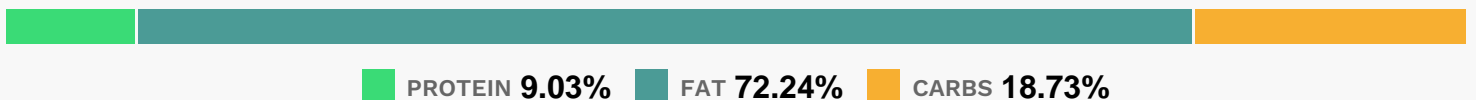
## Equipment

- food processor
- oven
- pot
- immersion blender

## Directions

- Preheat the oven to 42
- Melt the butter in a heavy-bottomed pot over medium heat.
- Add the onions and garlic and cook for 3 minutes.
- Add the corn kernels and cook, stirring, for an additional 3 minutes.
- Add the flour and stir for 1 minute, then add the cream. Once the cream is incorporated, continue to stir until the mixture comes to a boil.
- Add the cooked grits, remove from the heat, and stir in jalapeo peppers. Taste and season well with salt and pepper.
- With a hand-held immersion blender in the pot (or transfer the mixture to a food processor), pure the corn mixture while slowly adding the beaten eggs, until the eggs are thoroughly mixed in.
- Pour the mixture into an ovenproof dish and sprinkle with the cheese.
- Bake for 2530 minutes, until the center puffs and the corn pudding turns golden brown.

## Nutrition Facts



## Properties

Glycemic Index:24.1, Glycemic Load:2.1, Inflammation Score:-8, Nutrition Score:15.91%

## Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Taste

Sweetness: 32.59%, Saltiness: 31.37%, Sourness: 4.62%, Bitterness: 2.54%, Savoriness: 18.04%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 631.14kcal (31.56%), Fat: 52.48g (80.74%), Saturated Fat: 31.31g (195.7%), Carbohydrates: 30.62g (10.21%), Net Carbohydrates: 27.91g (10.15%), Sugar: 10.28g (11.42%), Cholesterol: 289.63mg (96.54%), Sodium: 488.93mg (21.26%), Protein: 14.75g (29.51%), Vitamin A: 2251.87IU (45.04%), Vitamin B2: 0.51mg (29.79%), Selenium: 20.82µg (29.75%), Phosphorus: 295.43mg (29.54%), Folate: 85.26µg (21.32%), Vitamin B1: 0.26mg (17.54%), Calcium: 174.95mg (17.5%), Vitamin B5: 1.74mg (17.36%), Vitamin D: 2.37µg (15.83%), Magnesium: 58.39mg (14.6%), Potassium: 481.83mg (13.77%), Manganese: 0.26mg (13.02%), Vitamin B6: 0.25mg (12.27%), Vitamin B3: 2.41mg (12.06%), Zinc: 1.75mg (11.69%), Vitamin E: 1.74mg (11.59%), Vitamin C: 9.21mg (11.17%), Fiber: 2.72g (10.87%), Vitamin B12: 0.64µg (10.71%), Iron: 1.75mg (9.74%), Copper: 0.12mg (5.87%), Vitamin K: 5.14µg (4.9%)