



Tee's Corn Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



486 kcal

SIDE DISH

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup butter melted
- 6 large eggs
- 3 tablespoons flour all-purpose
- 6 cups corn kernels fresh (12 ears)
- 1.5 teaspoons salt
- 0.3 cup sugar
- 2 cups whipping cream

Equipment

- oven
- whisk
- baking pan

Directions

- Combine first 4 ingredients.
- Whisk together eggs, whipping cream, and butter. Gradually add sugar mixture, whisking until smooth; stir in corn.
- Pour mixture into a lightly greased 13- x 9-inch baking dish.
- Bake at 350 for 45 minutes or until golden brown and set.
- Let stand 5 minutes.
- *6 cups frozen whole kernel corn or canned shoepeg corn, drained, may be substituted.
- NOTE: For testing purposes only, we used Silver Queen corn.
- Southwestern Corn Pudding: Stir in 1 (5-ounce) can drained chopped green chiles and 1/4 teaspoon ground cumin.

Nutrition Facts

PROTEIN 8.19% **FAT 67.33%** **CARBS 24.48%**

Properties

Glycemic Index:29.64, Glycemic Load:6.17, Inflammation Score:-8, Nutrition Score:12.489999905876%

Nutrients (% of daily need)

Calories: 486.29kcal (24.31%), Fat: 37.98g (58.43%), Saturated Fat: 17.59g (109.91%), Carbohydrates: 31.07g (10.36%), Net Carbohydrates: 28.82g (10.48%), Sugar: 14.93g (16.59%), Cholesterol: 206.74mg (68.91%), Sodium: 761.56mg (33.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.78%), Vitamin A: 1788IU (35.76%), Phosphorus: 233.76mg (23.38%), Vitamin B2: 0.36mg (21.38%), Selenium: 14.94µg (21.35%), Folate: 70.97µg (17.74%), Vitamin B5: 1.53mg (15.31%), Vitamin B1: 0.22mg (14.6%), Calcium: 126.22mg (12.62%), Magnesium: 50.23mg (12.56%), Potassium: 411.28mg (11.75%), Vitamin D: 1.7µg (11.35%), Vitamin B3: 2.16mg (10.8%), Manganese: 0.21mg (10.45%), Vitamin E: 1.46mg (9.73%), Vitamin C: 7.78mg (9.43%), Vitamin B6: 0.19mg (9.41%), Fiber: 2.25g

(9.01%), Iron: 1.53mg (8.49%), Zinc: 1.15mg (7.66%), Vitamin B12: 0.44µg (7.39%), Copper: 0.1mg (4.86%), Vitamin K: 2.35µg (2.24%)