



Tee's Corn Pudding

 Vegetarian

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 ears corn fresh (12 ears)
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup sugar
- ☐ 2 cups whipping cream

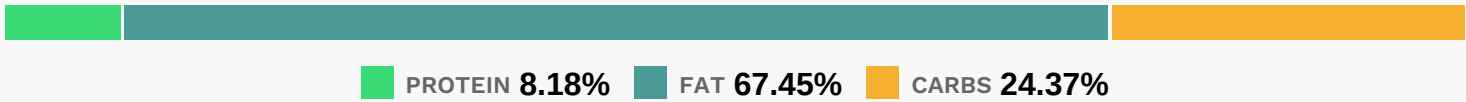
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Combine first 4 ingredients.
- ☐ Whisk together eggs, whipping cream, and butter in a large bowl. Gradually add sugar mixture, whisking until smooth; stir in corn.
- ☐ Pour mixture into 8 lightly greased 8-oz. custard cups.
- ☐ Bake at 350 for 30 minutes or until pudding is set and deep golden.
- ☐ Let stand 5 minutes.
- ☐ *6 cups frozen whole kernel corn or canned shoepeg corn, drained, may be substituted.
- ☐ Note: You may substitute 1 (13- x 9-inch) baking dish for ramekins.
- ☐ Bake at 350 for 40 to 45 minutes or until set.
- ☐ Let stand 5 minutes. For testing purposes only, we used 'Silver Queen' corn.
- ☐ Southwestern Corn Pudding: Stir in 1 (5-oz.) can chopped green chiles and 1/4 tsp. ground cumin.

Nutrition Facts



Properties

Glycemic Index:35.89, Glycemic Load:6.17, Inflammation Score:-8, Nutrition Score:12.376956525056%

Nutrients (% of daily need)

Calories: 486kcal (24.3%), Fat: 38.07g (58.57%), Saturated Fat: 22.51g (140.68%), Carbohydrates: 30.95g (10.32%), Net Carbohydrates: 28.7g (10.44%), Sugar: 14.94g (16.6%), Cholesterol: 237.24mg (79.08%), Sodium: 719mg (31.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.76%), Vitamin A: 1635.06IU (32.7%), Phosphorus: 233.9mg (23.39%), Selenium: 15.09µg (21.55%), Vitamin B2: 0.36mg (21.35%), Folate: 71.25µg (17.81%), Vitamin B5: 1.53mg (15.34%), Vitamin B1: 0.22mg (14.55%), Calcium: 125.36mg (12.54%), Magnesium: 50.09mg (12.52%), Potassium: 408.73mg (11.68%), Vitamin D: 1.7µg (11.35%), Vitamin B3: 2.16mg (10.82%), Manganese: 0.21mg (10.45%), Vitamin C: 7.75mg (9.4%), Vitamin B6: 0.19mg (9.37%), Fiber: 2.25g (9.01%), Vitamin E: 1.35mg (8.99%), Iron: 1.53mg (8.51%), Zinc: 1.16mg (7.74%), Vitamin B12: 0.45µg (7.55%), Copper: 0.1mg (4.86%), Vitamin K: 3.34µg (3.19%)