



Tee's Corn Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



389 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
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons salt

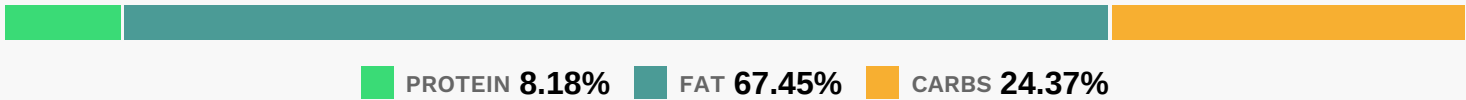
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Stir together sugar, flour, baking powder, and salt in a small bowl.
- ☐ Whisk eggs together in a large bowl; whisk in cream and melted butter.
- ☐ Gradually add sugar mixture, whisking until smooth; stir in corn.
- ☐ Pour mixture into a lightly greased (with cooking spray) 13- x 9-inch baking dish.
- ☐ Bake at 350 for 40 to 45 minutes or until mixture is deep golden and set.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:4.94, Inflammation Score:-7, Nutrition Score:9.9026086848715%

Nutrients (% of daily need)

Calories: 388.8kcal (19.44%), Fat: 30.45g (46.85%), Saturated Fat: 18.01g (112.54%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 22.96g (8.35%), Sugar: 11.95g (13.28%), Cholesterol: 189.79mg (63.26%), Sodium: 691.47mg (30.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.61%), Vitamin A: 1308.05IU (26.16%), Phosphorus: 187.12mg (18.71%), Selenium: 12.07µg (17.24%), Vitamin B2: 0.29mg (17.08%), Folate: 57µg (14.25%), Vitamin B5: 1.23mg (12.27%), Vitamin B1: 0.17mg (11.64%), Calcium: 100.36mg (10.04%), Magnesium: 40.07mg (10.02%), Potassium: 327.01mg (9.34%), Vitamin D: 1.36µg (9.08%), Vitamin B3: 1.73mg (8.65%), Manganese: 0.17mg (8.38%), Vitamin C: 6.2mg (7.52%), Vitamin B6: 0.15mg (7.5%), Fiber: 1.8g (7.21%), Vitamin E: 1.08mg (7.19%), Iron: 1.23mg (6.81%), Zinc: 0.93mg (6.19%), Vitamin B12: 0.36µg (6.04%), Copper: 0.08mg (3.89%), Vitamin K: 2.68µg (2.55%)