



Toasted Sweet Corn Pudding

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 1 cup buttermilk well-shaken (not powdered)
- ☐ 7.5 ounces regular corn dried sweet toasted (corn)
- ☐ 4 large eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons sugar
- ☐ 0.5 stick butter unsalted cooled melted
- ☐ 4 cups milk whole

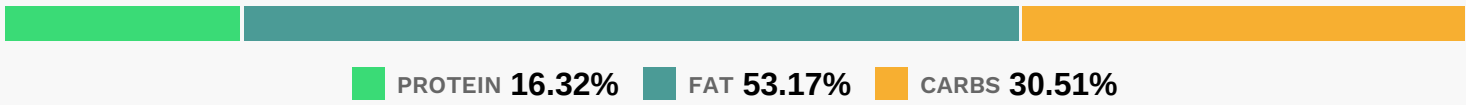
Equipment

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

Directions

- ☐ Preheat oven to 350°F with rack in upper third. Butter a 2-quart shallow baking dish.
- ☐ Whisk together all ingredients with 1 1/2 teaspoons salt and 1 teaspoon pepper in a large bowl.
- ☐ Transfer to baking dish.
- ☐ Bake until pudding is set, 1 to 1 1/4 hours. Cool 10 minutes before serving.
- ☐ Josmeyer Les Folastries
- ☐ Gewürztraminer '05
- ☐ Corn pudding can be made 3 hours ahead. Reheat, covered, in a 300°F oven.

Nutrition Facts



Properties

Glycemic Index:33.7, Glycemic Load:8.49, Inflammation Score:-4, Nutrition Score:8.9752173890238%

Nutrients (% of daily need)

Calories: 222.08kcal (11.1%), Fat: 13.43g (20.66%), Saturated Fat: 7.3g (45.66%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 16.65g (6.06%), Sugar: 11.63g (12.93%), Cholesterol: 126.12mg (42.04%), Sodium: 114.47mg (4.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.55%), Phosphorus: 222.4mg (22.24%), Vitamin B2: 0.36mg (21.27%), Calcium: 201.36mg (20.14%), Vitamin B12: 1.03µg (17.19%), Selenium: 11.88µg (16.97%), Vitamin D: 2.34µg (15.59%), Vitamin A: 628.53IU (12.57%), Vitamin B5: 1.18mg (11.79%), Potassium: 319.7mg (9.13%), Vitamin B1: 0.13mg (8.81%), Vitamin B6: 0.17mg (8.28%), Zinc: 1.12mg (7.48%), Magnesium: 28.1mg (7.03%), Folate: 23.01µg (5.75%), Vitamin B3: 0.73mg (3.67%), Iron: 0.66mg (3.64%), Vitamin E: 0.53mg (3.56%), Manganese: 0.07mg (3.53%), Fiber: 0.69g (2.75%), Copper: 0.04mg (2.19%), Vitamin C: 1.46mg (1.77%), Vitamin K: 1.14µg (1.08%)