



## White Bread Corn Pudding

READY IN



75 min.

SERVINGS



6

CALORIES



281 kcal

SIDE DISH

### Ingredients

- 5 slices day-old bread cubed
- 0.3 cup butter melted
- 15 ounce regular corn cream-style canned
- 4 eggs
- 1 cup milk
- 0.3 cup sugar white to taste

### Equipment

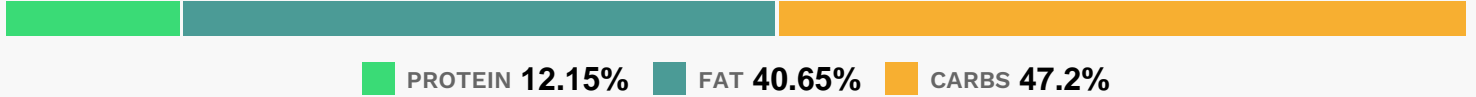
- bowl

- baking sheet
- oven
- baking pan
- hand mixer

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8-inch baking dish.
- Place bread cubes in the prepared baking dish.
- Beat cream-style corn, milk, eggs, and sugar together in a bowl using an electric mixer until evenly combined; pour over bread cubes.
- Pour melted butter over bread cube mixture.
- Place dish on a baking sheet and pour enough water into the baking sheet to make a water bath around baking dish.
- Bake in the preheated oven until pudding is set in the middle, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:36.13, Glycemic Load:12.5, Inflammation Score:-4, Nutrition Score:9.3830435535182%

## Nutrients (% of daily need)

Calories: 281.21kcal (14.06%), Fat: 13.14g (20.22%), Saturated Fat: 6.74g (42.16%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 32.54g (11.83%), Sugar: 14.01g (15.57%), Cholesterol: 134.34mg (44.78%), Sodium: 413.35mg (17.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Selenium: 16.93µg (24.18%), Vitamin B2: 0.29mg (17.14%), Manganese: 0.34mg (16.83%), Phosphorus: 167.67mg (16.77%), Folate: 64.38µg (16.09%), Vitamin A: 513.56IU (10.27%), Vitamin B3: 2.05mg (10.27%), Calcium: 100.09mg (10.01%), Vitamin B1: 0.15mg (9.86%), Vitamin B5: 0.93mg (9.31%), Iron: 1.63mg (9.05%), Vitamin B12: 0.5µg (8.28%), Zinc: 1.17mg (7.82%), Magnesium: 30.2mg (7.55%), Vitamin B6: 0.15mg (7.28%), Fiber: 1.78g (7.14%), Vitamin D: 1.03µg (6.89%), Potassium: 231.79mg (6.62%), Copper: 0.09mg (4.67%), Vitamin E: 0.64mg (4.28%), Vitamin C: 2.95mg (3.58%), Vitamin K: 2.02µg (1.92%)