

Southern Corn Pudding

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/apple-cheddar-bread-recipe-southern-living>

Ingredients:

- 8 1/2 ounces cornbread mix
- 8 ounces cream cheese softened
- 1/2 cup butter melted
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 14 ounces cream style corn
- 15 ounces whole kernel corn, drained
- 2 cups shredded cheddar cheese 4-8 ounces

Nutrition:

1. Calories: 1040 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 235 milligrams
4. Fat: 70 grams
5. Fiber: 7 grams
6. Protein: 28 grams
7. SaturatedFat: 39 grams
8. Sodium: 1970 milligrams
9. Sugar: 21 grams

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