

Corn Pudding

Yield: 8 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-corn-pudding-recipe>

Ingredients:

- 1/2 cup unsalted butter melted
- 11 ounces corn
- 1/4 cup liquid
- 15 ounces creamed corn
- 1 cup sour cream
- 8 1/2 ounces corn muffin mix such as Jiffy
- 2 eggs lightly beaten

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 100 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 12 grams
8. Sodium: 530 milligrams
9. Sugar: 10 grams

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