

Southern Sweet Corn Pudding

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 4 cups whole kernel corn
- 4 eggs
- 1 1/2 cups half & half
- 8 tablespoons sugar
- 1/4 cup butter room temperature
- 2 1/2 tablespoons all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons butter for buttering baking dish
- 1 teaspoon canela
- 1 dash nutmeg
- whipped topping for garnish, optional

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 290 milligrams
4. Fat: 37 grams
5. Fiber: 6 grams
6. Protein: 15 grams
7. SaturatedFat: 20 grams
8. Sodium: 1120 milligrams
9. Sugar: 35 grams

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