

Roasted Corn Pudding in Acorn Squash

Yield: 5 min
Total Time: 105 min

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

Ingredients:

- 2 pounds acorn squash cut in half lengthwise and seeded
- 1 tablespoon olive oil or clarified butter
- 1 cup milk
- 1 egg plus 2 egg whites
- 1/2 cup corn kernels fresh, or more if you like
- 1/4 teaspoon anise seed chopped
- 1/2 cup scallions chopped
- 1 pinch grated nutmeg freshly
- 1/4 teaspoon fine grain sea salt
- 1/3 cup cheddar cheese grated white

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 55 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 3 grams
8. Sodium: 400 milligrams
9. Sugar: 4 grams

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