

# Corn Pudding

Daphne Oz  
www.DashRecipes.com

## Servings: 8

1 box (8.5 ounce) corn muffin mix  
1 can cream-style corn  
1 can corn nibblets, drained  
1/2 cup butter, melted  
2 eggs, beaten  
1 cup sour cream

## Preparation Time: 10 minutes

Preheat the oven to 350 degrees.

In a large bowl, mix all of the ingredients.

Grease an 8x10-inch casserole with butter. Pour in the mixture.

Bake for 55 to 60 minutes.

Start to Finish Time: 1 hour 5 minutes

Per Serving (excluding unknown items): 241 Calories; 20g Fat (75.8% calories from fat); 4g Protein; 11g Carbohydrate; 1g Dietary Fiber; 97mg Cholesterol; 307mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 4 Fat; 1/2 Other Carbohydrates.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	241
% Calories from Fat:	75.8%
% Calories from Carbohydrates:	18.3%
% Calories from Protein:	5.9%
Total Fat (g):	20g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	97mg
Carbohydrate (g):	11g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	307mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	11mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 78mg  
Calcium (mg): 51mg  
Iron (mg): 1mg  
Zinc (mg): trace  
Vitamin C (mg): trace  
Vitamin A (i.u.): 738IU  
Vitamin A (r.e.): 194 1/2RE

Fruit: 0  
Non-Fat Milk: 0  
Fat: 4  
Other Carbohydrates: 1/2

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

Calories 241      Calories from Fat: 182

### % Daily Values\*

**Total Fat** 20g 32%  
Saturated Fat 12g 59%  
**Cholesterol** 97mg 32%  
**Sodium** 307mg 13%  
**Total Carbohydrates** 11g 4%  
Dietary Fiber 1g 4%  
**Protein** 4g

**Vitamin A** 15%  
**Vitamin C** 0%  
**Calcium** 5%  
**Iron** 3%

\* Percent Daily Values are based on a 2000 calorie diet.