

## Side Dishes

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# Corn Pudding

Try-Foods International - Apopka, FL

**Servings: 8**

**Preparation Time: 10 minutes**

**Cook time: 1 hour**

**1 Can (14.75 Oz) creamed corn**

**1 can (15.25 oz) whole corn, drained**

**1 package (8.5 oz) corn muffin mix**

**1 container (8 oz) sour cream**

**1/4 cup butter or margarine, melted**

**3 eggs, beaten**

Preheat oven to 350 degrees.

In a large bowl, combine all the ingredients.

Pour into a lightly greased 11x7-inch pan.

Bake for one hour.

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Per Serving (excluding unknown items): 211 Calories; 15g Fat (65.0% calories from fat); 5g Protein; 14g Carbohydrate; 1g Dietary Fiber; 108mg Cholesterol; 303mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.