

Corn Pudding

Corn Pudding is a southern classic that combines frozen corn with canned cream style corn in a luscious batter made of whole wheat flour, whole-grain cornmeal, eggs, and sour cream. A delicious way to make any meal special!

CACFP Home Childcare Crediting Information

One piece (2 ½" x 4") provides ¼ cup vegetable (¼ cup starchy vegetable), and 1.25 oz equivalent grains.



Preparation Time: 20 minutes

Cooking Time: 50 minutes

Makes: 6 servings

Ingredients

- ½ cup + 2 Tbsp or 3 oz Whole-wheat flour
- ¼ cup + 2 Tbsp or 2 oz White whole-grain cornmeal
- ⅛ cup or 2 Tbsp Sugar
- 1 tsp Baking powder
- ⅛ tsp Salt
- ⅛ tsp Ground black or white pepper
- 1 medium Egg or 1 oz liquid egg
- ¼ cup or 2 oz Low-fat sour cream
- 1 Tbsp Canola oil
- 1 cup or 5 ½ oz Frozen corn, thawed, drained
- ½ cup or 5 ½ oz Canned cream style corn, unsalted
- ¼ cup or 1 oz Fresh onions, chopped

Directions

- 1** Preheat oven:
Conventional oven: 375 °F.
Convection oven: 325 °F.
- 2** Combine flour, cornmeal, sugar, baking powder, salt, and pepper in a large bowl. Stir well.
Set aside for step 4.
- 3** Combine eggs, sour cream, oil, corn, cream style corn, and onions in a large bowl. Stir well.
- 4** Pour egg mixture over flour mixture. Stir well.
- 5** Transfer corn pudding mixture to a (8" x 8" x 2") baking dish lightly sprayed with pan release spray.
- 6** Bake until golden brown.
Conventional oven: 375 °F for 45-50 minutes.
Convection oven: 325 °F for 30-40 minutes.
- 7** Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 8** Critical Control Point:
Hold for hot service at 140 °F or higher.
- 9** Cut into six even portions. Serve hot.
- 10** Serve 1 piece (about 2 ½" x 4" square).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 189 Protein 5 g, Carbohydrates 33 g, Dietary Fiber 3 g, Total Sugars 8 g, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 32 mg, Sodium 162 mg, Vitamin A 14 mcg RAE, Vitamin C 1 mg, Vitamin D 6 IU, Calcium 38 mg, Iron 1 mg, Potassium 216 mg

