

# *Corn Pudding*

From [Eileen R. Beran's Food Blog](#), April 19, 2011.

This rich, satisfying, and simple corn pudding is a crowd-pleasing side dish with ham.

## CORN PUDDING

Start to finish: 60 minutes (active time: 10 minutes)

Servings: 8

4 cups (2 10-ounce packages) frozen corn, thawed  
4 eggs  
1 cup whipping cream  
1/2 cup whole milk  
1/3 cup sugar  
1/4 cup (1/2 stick) butter, softened  
2 tablespoons all purpose flour or white rice flour  
2 teaspoons baking powder  
1 teaspoon salt

Preheat oven to 350°F.

Oil an 8 x 8 inch baking dish. In food processor, pulse all ingredients until almost smooth. Pour into baking dish. Bake until browned and center is just set, about 45 minutes. Let rest 10 minutes before serving.

Nutrition information per serving (values are rounded to the nearest whole number):  
237 calories; 126 calories from fat; 14 g fat (8 g saturated; 0 g trans fats); 126 mg cholesterol; 25 g carbohydrate; 6 g protein; 2 g fiber; 385 mg sodium.

(Recipe adapted from [“Sweet Corn Pudding,” at epicurious.com.](#))