

Gouda Corn Pudding

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Servings: 8

1 3/4 cups 2% reduced fat milk
1/3 cup all-purpose flour
6 eggs, beaten
2 1/2 cups fresh corn kernels
1/2 cup diced red or orange bell pepper
8 ounces cooked ham, diced into 1/2-inch pieces
1/2 cup chopped green onion
4 ounces Gouda cheese, shredded
1/4 teaspoon freshly ground black pepper

Preheat the oven to 375 degrees.

Lightly butter a 13x9x2-inch baking pan or coat with cooking spray.

Whisk together the milk and flour. Whisk in the eggs.

Add the remaining ingredients and stir until blended.

Pour the mixture into the prepared pan.

Bake, uncovered, until golden brown, 35 to 40 minutes.

Per Serving (excluding unknown items): 224 Calories; 11g Fat (43.8% calories from fat); 15g Protein; 17g Carbohydrate; 2g Dietary Fiber; 191mg Cholesterol; 545mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

Breakfast

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 224 |
| % Calories from Fat: | 43.8% |
| % Calories from Carbohydrates: | 29.1% |
| % Calories from Protein: | 27.1% |
| Total Fat (g): | 11g |
| Saturated Fat (g): | 5g |
| Monounsaturated Fat (g): | 4g |
| Polyunsaturated Fat (g): | 1g |
| Cholesterol (mg): | 191mg |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .3mg |
| Vitamin B12 (mcg): | .9mcg |
| Thiamin B1 (mg): | .4mg |
| Riboflavin B2 (mg): | .4mg |
| Folacin (mcg): | 52mcg |
| Niacin (mg): | 3mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

| | |
|--------------------|-------|
| Carbohydrate (g): | 17g |
| Dietary Fiber (g): | 2g |
| Protein (g): | 15g |
| Sodium (mg): | 545mg |
| Potassium (mg): | 292mg |
| Calcium (mg): | 128mg |
| Iron (mg): | 2mg |
| Zinc (mg): | 2mg |
| Vitamin C (mg): | 12mg |
| Vitamin A (i.u.): | 364IU |
| Vitamin A (r.e.): | 86RE |

Food Exchanges

| | |
|----------------------|---|
| Grain (Starch): | 1 |
| Lean Meat: | 2 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 1 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

| | | |
|-----------------|-----|-----------------------|
| Calories | 224 | Calories from Fat: 98 |
|-----------------|-----|-----------------------|

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 11g | 17% |
| Saturated Fat | 5g | 23% |
| Cholesterol | 191mg | 64% |
| Sodium | 545mg | 23% |
| Total Carbohydrates | 17g | 6% |
| Dietary Fiber | 2g | 6% |
| Protein | 15g | |
| Vitamin A | | 7% |
| Vitamin C | | 20% |
| Calcium | | 13% |
| Iron | | 9% |

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