

# Coconut-Corn Pudding

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**Servings: 6**

1 cup coconut milk  
1 cup whole milk  
2/3 cup sugar  
3 tablespoons cornstarch  
pinch salt  
1 1/2 cups corn kernels  
bagged salted popcorn (for garnish)  
toasted unsweetened coconut flakes  
(for garnish)

In a bowl, combine together the coconut milk, whole milk, sugar, cornstarch and salt. Whisk until smooth. Stir in the corn kernels.

Transfer the mixture to a food processor or blender. Pulse until the corn kernels are roughly chopped.

Pour the mixture into a medium pot. Bring to a boil. Reduce to a simmer and cook for 5 minutes, until thickened.

Pour the mixture into six six-ounce ramekins or glasses. Cover loosely with plastic wrap.

Refrigerate overnight.

Before serving, garnish with a few pieces of popcorn and some coconut flakes.

Per Serving (excluding unknown items): 250 Calories; 11g Fat (37.7% calories from fat); 3g Protein; 38g Carbohydrate; 2g Dietary Fiber; 6mg Cholesterol; 29mg Sodium. Exchanges: 1 Grain(Starch); 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

Calories (kcal):	250	Vitamin B6 (mg):	.1mg
% Calories from Fat:	37.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	57.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	11g	Folacin (mcg):	21mcg

**Saturated Fat (g):** 9g  
**Monounsaturated Fat (g):** 1g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 6mg  
**Carbohydrate (g):** 38g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 3g  
**Sodium (mg):** 29mg  
**Potassium (mg):** 228mg  
**Calcium (mg):** 57mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 51IU  
**Vitamin A (r.e.):** 15 1/2RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 250 **Calories from Fat:** 94

### % Daily Values\*

<b>Total Fat</b>	11g	17%
Saturated Fat	9g	47%
<b>Cholesterol</b>	6mg	2%
<b>Sodium</b>	29mg	1%
<b>Total Carbohydrates</b>	38g	13%
Dietary Fiber	2g	8%
<b>Protein</b>	3g	
<b>Vitamin A</b>		1%
<b>Vitamin C</b>		5%
<b>Calcium</b>		6%
<b>Iron</b>		5%

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