

# Corn Pudding

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: ½ hotel pan    Servings: 10-12

Ingredients	Quantity	Measure
Yellow cornmeal	1	cup
All-purpose flour	1	cup
Sugar, granulated	¼	cup
Baking powder	1	tablespoon
Cream corn, canned	15	ounces
Whole kernel corn, canned	15	ounces
Non-dairy sour cream	8	ounces
Non-dairy margarine, divided	8	ounces

## Preparation

1. Melt margarine.
2. Blend cornmeal, flour, sugar, baking powder, cream corn, whole kernel corn, sour cream and 4 ounces of margarine. Spray ½ hotel pan with cooking spray. Pour the other 4 ounces margarine into a ½ hotel pan. Then pour the batter into a ½ hotel pan.
3. Bake at 350 degrees for 40-45 minutes or until set.

## Nutrition Information

 per serving \*From USDA Nutrient Database

Calories: 346 Total Fat: 12g Saturated Fat: 5.5g Carbohydrate: 39g Protein: 4g Sodium: 412mg Vitamin A: 7µg Vitamin C: 3mg Calcium: 107mg Iron: 2mg Folic Acid: 103µg