

Corn Pudding

Meat Alternate-Vegetable

Vegetables

I-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Instant nonfat dry milk, reconstituted		1 cup		2 cups	<p>1. Combine milk, flour, eggs, margarine or butter, sugar, pepper, and nutmeg (optional) in mixer bowl. Mix with whip attachment for 2 minutes on low speed, 1 minute on medium speed, and 1 minute on high speed.</p> <p>2. Change to paddle attachment. Add whole kernel corn, cream style corn, and onions (optional). Mix for 2 minutes on low speed.</p> <p>3. Pour 4 lb 14 oz (2 qt 2 ⅓ cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>4. Bake until lightly browned: Conventional oven: 375° F for 50-60 minutes Convection oven: 325° F for 30-40 minutes</p> <p>CCP: Heat to 160° F or higher.</p> <p>5. CCP: Hold at 140° F or warmer.</p> <p>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	
Frozen whole eggs, thawed	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
OR Fresh large eggs		OR 7 each		OR 14 each	
Margarine or butter, melted	2 oz	¼ cup	4 oz	½ cup	
Sugar		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	
Canned liquid packed whole kernel corn, drained	1 lb 6 oz	3 ¼ cups (⅓ No. 10 can)	2 lb 12 oz	1 qt 2 ½ cups (⅔ No. 10 can)	
Canned corn cream style	2 lb 4 oz	1 qt (⅓ No. 10 can)	4 lb 8 oz	2 qt (⅔ No. 10 can)	
Dehydrated onions (optional)		2 Tbsp 2 tsp	2 ¼ oz	⅓ cup	

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SERVING:	YIELD:	VOLUME:
1 piece provides ¼ large egg or the equivalent of ½ oz cooked lean meat, ¼ cup of vegetable, and the equivalent of ¼ slice of bread.	25 Servings: about 4 lb 14 oz (uncooked) 50 Servings: about 9 lb 12 oz (uncooked)	25 Servings: 1 pan 50 Servings: 2 pans
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Nutrients Per Serving					
Calories	113	Saturated Fat	0.87 g	Iron	0.89 mg
Protein	3.79 g	Cholesterol	58 mg	Calcium	11 mg
Carbohydrate	17.95 g	Vitamin A	246 IU	Sodium	208 mg
Total Fat	3.68 g	Vitamin C	4.0 mg	Dietary Fiber	1.2 g