



Corn Pudding

Corn Pudding is a southern classic that combines frozen corn with canned cream style corn in a luscious batter made of whole wheat flour, whole-grain cornmeal, frozen eggs, and sour cream. A delicious way to make any meal special!

CACFP Adult Portion Crediting Information

One piece (2" x 3 ¾") provides ½ cup vegetable (½ cup starchy vegetable), and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Whole-wheat flour	14 oz	3 cups	1 lb 12 oz	1 qt 2 cups	1 Combine flour, cornmeal, sugar, salt, baking powder, and pepper in a large bowl, 2 lb 5 ½ oz (1 qt 3 cup) of dry mixture. Stir well. Set aside for step 3.
White whole-grain cornmeal	15 oz	2 ½ cups	1 lb 14 oz	1 qt 1 cup	
Sugar	8 oz	1 cup	1 lb	2 cups	
Salt		¼ tsp		½ tsp	
Baking powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground black or white pepper		½ tsp		1 tsp	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	2 Combine eggs, sour cream, oil, corn, cream style corn, and onions in a large bowl, 7 ¾ lb (1 gal). Stir well.
Low-fat sour cream	15 oz	1 ½ cups	1 lb 14 oz	3 cups	
Canola oil		⅓ cup		⅔ cup	
Frozen corn, thawed, drained	2 lb	1 qt 2 ⅓ cups	4 lb	3 qt ⅔ cups	
Canned cream style corn	4 lb	2 qt	8 lb	1 gal	
*Fresh onions, chopped	8 oz	1 ½ cups	1 lb	3 cups	3 Pour 1 gal egg mixture over 1 qt 3 cups of dry mixture. Stir well. 4 Transfer 9 lb 13 oz (1 gal 2 cup) corn pudding to a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					5 Bake until golden brown: Conventional oven: 375 °F for 50-60 minutes. Convection oven: 325 °F for 30-40 minutes.
					6 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					7 Critical Control Point: Hold for hot service at 140 °F or higher.
					8 Portion: Cut each pan 5 x 5 (25 pieces per pan).
					9 Serve 1 piece (2" x 3 ¾" square).

NUTRITION INFORMATION

For 1 piece (2"x 3 3/4" square)

NUTRIENTS	AMOUNT
Calories	282
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Total Fat	7 g
Saturated Fat	2 g
Cholesterol	25 mg
Sodium	158 mg
Total Carbohydrate	51 g
Dietary Fiber	4 g
Total Sugars	15 g
Added Sugars included	N/A
Protein	6 g
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Vitamin A	11 mcg RAE
Vitamin C	2 mg
Vitamin D	4 IU
Calcium	54 mg
Iron	1 mg
Postassium	318 mg
N/A = no data available	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Onions, Fresh	9 oz	1 lb 2 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 9 1/2 lb	About 19 lb
About 1 gal 1 cup/1 steam table pan (12" x 20" x 2 1/2")	About 2 gal 2 cups/2 steam table pans (12" x 20" x 2 1/2")

SOURCE:

CACFP Adult Portion Recipe Project