

Corn Pudding

Meat Alternate-Vegetable

Vegetables

I-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Reconstituted instant, nonfat dry milk		1 cup		2 cups	1. In a mixer, combine milk, flour, eggs, butter or margarine, sugar, pepper, and nutmeg (optional). Mix for 3 minutes on low speed.
All-purpose flour	5 1/2 oz	1 1/4 cups	11 oz	2 1/2 cups	
Fresh large eggs, beaten OR		7 each		13 each	2. Add whole-kernel corn, cream style corn, and onions (optional). Mix for 2 minutes on low speed.
Frozen whole eggs, thawed	12 oz	3/4 cup	1 lb 7 oz	1 1/2 cups	
Butter or margarine, melted		1/4 cup	4 oz	1/2 cup	
Sugar		1 Tbsp		2 Tbsp	
Black or white pepper		1/2 tsp		1 tsp	
Ground nutmeg (optional)		1/2 tsp		1 tsp	
Canned whole-kernel corn, drained	1 lb 2 oz	3 cups	2 lb 3 oz	1 qt 2 cups	
Canned cream- style corn	2 lb 1 oz	3 1/2 cups 2 Tbsp	4 lb 2 oz	1 qt 3 1/4 cups	3. For 25 servings, pour 4 lb 13 oz (2 qt 1 cup) into a lightly greased steamtable pan (12" x 10" x 2 1/2"). For 50 servings, pour 9 lb 9 oz (1 gal 2 cups) into a lightly greased steamtable pan (12" x 20" x 2 1/2").
Dehydrated onions (optional)		2 Tbsp 2 tsp	2 1/4 oz	1/3 cup	
					4. CCP Heat to 155 degrees F or higher for at least 15 seconds.
					To Bake: Conventional Oven: 375 degrees F, 50-60 minutes Convection Oven: 325 degrees F, 30-40 minutes Bake until lightly browned.
					5. CCP Hold for hot service at 140 degrees F or higher.
					For 25 servings, cut each pan 5 x 5 (25 pieces per pan). For 50 servings, cut each pan 5 x10 (50 pieces per pan).

SERVING:	YIELD:	VOLUME:
1 piece provides 1/4 large egg, 1/4 cup of vegetable, and the equivalent of 1/4 slice of bread	25 Servings: 1 half-steamtable pan 50 Servings: 1 steamtable pan	25 Servings: 50 Servings:

Corn Pudding

Meat Alternate-Vegetable

Vegetables

I-11

Nutrients Per Serving

Calories	106	Saturated Fat	1.6 g	Iron	.8 mg
Protein	4 g	Cholesterol	58 mg	Calcium	22 mg
Carbohydrate	16 g	Vitamin A	48 RE/217 IU	Sodium	211 mg
Total Fat	3.5 g	Vitamin C	3 mg	Dietary Fiber	1 g