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Cornbread Pudding ♦

Cornbread pudding is a traditional Southern dish made with cornbread, eggs, milk, and seasonings. It is typically served as a side dish or dessert and has a creamy, custard-like texture. The dish dates back to the early settlers in the South and has become a staple in Southern cuisine.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 8

Serving Size: 63 g

Ingredients

| | |
|-----------------|-----------|
| 250 g | Cornbread |
| 3 pieces | Eggs |
| 500 ml | milk |
| 1 tsp | Salt |

0.5 tsp Pepper

30 g butter

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Crumble the cornbread into a large mixing bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, beat the eggs and milk together.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the egg and milk mixture over the crumbled cornbread. Add salt and pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

Grease a baking dish with butter. Pour the cornbread mixture into the dish.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 40-45 minutes, or until the pudding is set and golden brown on top.

Prep Time: 0 mins

Cook Time: 45 mins

Step 7

Cooling

Remove from the oven and let it cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 240 kcal

Fat: 9 g

Protein: 9 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 9 g | 52.94% | 52.94% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 30 g | 54.55% | 60% |
| Fibers | 1 g | 2.63% | 4% |
| Sugars | 8 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 3 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 9 g | 32.14% | 36% |
| Cholesterol | 95 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 0 mg | 0% | 0% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 1 mcg | 41.67% | 41.67% |
| Vitamin E | 1 mg | 6.67% | 6.67% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin D | 1 mcg | 6.67% | 6.67% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 420 mg | 18.26% | 18.26% |
| Calcium | 15 mg | 1.5% | 1.5% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 200 mg | 5.88% | 7.69% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 12 mcg | 21.82% | 21.82% |

Recipe Attributes

Seasonality

Fall

Events

Thanksgiving

Barbecue

Picnic

Meal Type

Lunch

Dinner

Snack

Brunch

Supper

Course

Sauces & Dressings

Breads

Soups

Snacks

Salads

Kitchen Tools

Slow Cooker

Cooking Method

Steaming

Blanching

Sautéing

Fermenting

Cutting

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Difficulty Level

Medium

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