



Corn Pudding

USDA Recipe for CACFP

Corn Pudding is a traditional side that combines frozen and canned corn, onions, and sour cream baked together.

CACFP CREDITING INFORMATION

1 piece provides $\frac{1}{4}$ cup vegetable and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	8 oz	1 $\frac{3}{4}$ cups 2 tsp	1 lb	3 $\frac{1}{2}$ cups 1 Tbsp 1 tsp	1 Combine flour, cornmeal, sugar, baking powder, and pepper in a large bowl. Stir well. Set aside for step 3.
White whole-grain corn meal	8 oz	1 $\frac{1}{2}$ cups	1 lb	3 cups	
Sugar	6 oz	$\frac{3}{4}$ cup	12 oz	1 $\frac{1}{2}$ cups	
Baking powder		1 Tbsp $\frac{1}{2}$ tsp		2 Tbsp 1 tsp	
Ground black or white pepper		$\frac{1}{2}$ tsp		1 tsp	
Frozen whole eggs, thawed	3 oz	$\frac{1}{3}$ cup	6 oz	$\frac{2}{3}$ cup	2 Combine eggs, sour cream, oil, corn, cream style corn, and onions in a large bowl. Stir well.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat sour cream	10 oz	¾ cup 3 Tbsp 2 tsp	1 lb 4 oz	1¾ cups 3 Tbsp 1 tsp	
Canola oil		¼ cup		½ cup	
Frozen corn, thawed, drained	1 lb 6 oz	3¾ cups 1 Tbsp	2 lb 12 oz	1 qt 3½ cups 2 Tbsp	
Canned cream style corn	2 lb 4 oz	1 qt 1 Tbsp 2 tsp (approx. ⅓ No. 10 can)	4 lb 8 oz	2 qt 3 Tbsp 1 tsp (approx. ⅔ No. 10 can)	
*Fresh onions, chopped	2 oz	2 Tbsp	4 oz	¼ cup	3 Pour 2 qt (about 4 lb 9 oz) egg mixture over 3 cups (about 1 lb 6 oz) flour mixture. Stir well.
					4 Transfer 2 qt ¾ cup (about 5 lb 15 oz) corn pudding to a steam table pan (12" x 20" x 2½") 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.
					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). Serve 1 piece (about 2⅜" x 4").



NUTRITION INFORMATION

For 1 piece (about 2³/₈" x 4").

NUTRIENTS	AMOUNT
Calories	180
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Total Fat	5 g
Saturated Fat	1 g
Cholesterol	18 mg
Sodium	198 mg
Total Carbohydrate	34 g
Dietary Fiber	3 g
Total Sugars	10 g
Added Sugars included	N/A
Protein	4 g
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Vitamin D	3 IU
Calcium	37 mg
Iron	1 mg
Potassium	203 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 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 5 lb 5 oz	About 10 lb 10 oz
About 2 qt 2 ² / ₃ cups/1 steam table pan (12" x 20" x 2 ¹ / ₂ ")	About 1 gal 1 qt 1 ¹ / ₄ cups/2 steam table pans (12" x 20" x 2 ¹ / ₂ ")

