



Corn Pudding

USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION

One piece provides ¼ cup starchy vegetable and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb	3½ cups 1 Tbsp 1 tsp	2 lb	1 qt 3 cups 2 Tbsp 2 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	1 lb	3 cups	2 lb	1 qt 2 cups	
Sugar	12 oz	1½ cups	1 lb 8 oz	3 cups	
Baking powder		2 Tbsp 1 tsp		¼ cup 2 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Frozen whole eggs, thawed	6 oz	¾ cup	12 oz	1⅓ cups	2 Combine eggs, sour cream, oil, corn, cream-style corn, and onions in a large bowl. Stir well.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat sour cream	1 lb 4 oz	1¾ cups 3 Tbsp 1 tsp	2 lb 8 oz	3¾ cups 2 Tbsp 2 tsp	
Canola oil		½ cup		1 cup	
Frozen corn, thawed, drained	2 lb 12 oz	1 qt 3½ cups 2 Tbsp	5 lb 8 oz	3 qt 3¼ cups	
Canned cream-style corn	4 lb 8 oz	2 qt 3 Tbsp 1 tsp (approx. ⅔ No. 10 can)	9 lb	1 gal ¼ cup 2 Tbsp 2 tsp (approx. 1⅓ No. 10 cans)	
*Fresh onions, chopped	4 oz	¼ cup	8 oz	½ 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 50 servings, use 2 pans. For 100 servings, use 4 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 135 °F or higher.
					7 Critical Control Point: Hold for hot service at 135 °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**

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**

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	50 Servings	100 Servings
Mature onions	6 oz	12 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

50 Servings	100 Servings
About 10 lb 10 oz	About 21 lb 4 oz
About 1 gal 1 qt 1 ¹ / ₄ cups/2 steam table pans (12" x 20" x 2 ¹ / ₂ ")	About 2 gal 2 qt 2 ¹ / ₂ cups/4 steam table pans (12" x 20" x 2 ¹ / ₂ ")

