



## 4-H Corn Special

READY IN



45 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter melted
- 2 cups canned tomatoes fresh diced seeded undrained chopped
- 1.5 cups rice cooked
- 1.5 cups rice cooked
- 1.5 cups rice cooked
- 1 small onion finely chopped
- 1 teaspoon hot sauce hot
- 8 servings salt and pepper to taste
- 1 cup saltines crushed

- 2 cups regular corn fresh sweet frozen canned
- 1 tablespoon worcestershire sauce

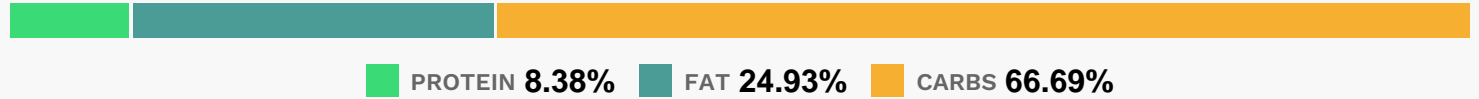
## Equipment

- frying pan
- oven
- baking pan

## Directions

- In a large skillet, brown beef and onion; drain. Stir in rice, tomatoes, corn, salt, pepper, Worcestershire sauce and hot pepper sauce.
- Pour into a greased 13-in. x 9-in. baking dish.
- Combine cracker crumbs and butter; sprinkle on top.
- Bake at 350° for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:62.19, Glycemic Load:32.29, Inflammation Score:-5, Nutrition Score:9.0300001204014%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## Nutrients (% of daily need)

Calories: 264.49kcal (13.22%), Fat: 7.52g (11.56%), Saturated Fat: 3.96g (24.77%), Carbohydrates: 45.24g (15.08%), Net Carbohydrates: 42.41g (15.42%), Sugar: 5.16g (5.73%), Cholesterol: 15.25mg (5.08%), Sodium: 444.06mg (19.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.37%), Manganese: 0.68mg (33.99%), Vitamin B6: 0.25mg (12.3%), Vitamin B3: 2.34mg (11.68%), Selenium: 8.13µg (11.62%), Fiber: 2.82g (11.3%), Vitamin B1: 0.17mg (11.1%), Vitamin C: 8.98mg (10.89%), Copper: 0.21mg (10.55%), Phosphorus: 101.72mg (10.17%), Iron: 1.76mg (9.79%), Potassium: 337.84mg (9.65%), Magnesium: 36.11mg (9.03%), Vitamin B5: 0.88mg (8.8%), Folate: 33.19µg (8.3%), Vitamin A: 411.35IU (8.23%), Vitamin E: 1.1mg (7.3%), Vitamin B2: 0.12mg (6.8%), Zinc: 0.92mg (6.16%), Vitamin K:

6.15µg (5.86%), Calcium: 38.42mg (3.84%)