



Buttercrust Corn Pie with Fresh Tomato Salsa

READY IN



45 min.

SERVINGS



6

CALORIES



250 kcal

DESSERT

Ingredients

- 0.1 teaspoon pepper black
- 3 tablespoons butter melted
- 1 large eggs lightly beaten
- 1 large egg whites lightly beaten
- 2 large egg whites lightly beaten
- 1.3 cups skim milk fat-free divided
- 2 tablespoons flour all-purpose
- 2.8 cups ears corn fresh (5 ears)
- 0.5 cup spring onion thinly sliced

- 2 tablespoons jalapeno seeded chopped
- 2 tablespoons juice of lemon fresh
- 3 tablespoons olives ripe chopped
- 0.5 teaspoon onion salt
- 0.5 teaspoon oregano dried
- 0.1 teaspoon paprika
- 3 tablespoons parmesan fresh grated
- 0.5 teaspoon salt
- 1.3 cups saltines fat-free crushed (35 crackers)
- 1 teaspoon sugar
- 2.5 cups tomatoes chopped

Equipment

- bowl
- sauce pan
- oven
- wire rack

Directions

- Preheat oven to 400
- To prepare the salsa, combine the first 7 ingredients in a medium bowl.
- To prepare the pie, combine crackers, cheese, butter, and 1 egg white in a medium bowl. Toss with a fork until moist; reserve 2 tablespoons. Press the remaining cracker mixture into bottom and up the sides of a 9-inch pie plate coated with cooking spray.
- Bake at 400 for 5 minutes; cool on a wire rack.
- Combine 1 cup milk, corn, sugar, and onion salt in a medium saucepan. Bring to a boil over medium heat; reduce heat, and simmer 3 minutes.
- Combine 1/4 cup milk and flour in a small bowl; gradually add to corn mixture. Cook until thick (about 1 minute); remove from heat. Stir in 1/2 cup onions and olives.
- Combine 2 egg whites and the egg in a small bowl; gradually add to corn mixture.

Pour into prepared crust, and sprinkle with 2 tablespoons cracker mixture and paprika.

Bake at 400 for 20 minutes or until the center is set.

Nutrition Facts

PROTEIN 15.53% **FAT 34.85%** **CARBS 49.62%**

Properties

Glycemic Index:68.22, Glycemic Load:3.53, Inflammation Score:-8, Nutrition Score:13.841738991115%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 250.48kcal (12.52%), Fat: 10.16g (15.64%), Saturated Fat: 4.87g (30.42%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 29.42g (10.7%), Sugar: 9.96g (11.07%), Cholesterol: 49.28mg (16.43%), Sodium: 747.16mg (32.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.38%), Vitamin K: 28.74µg (27.37%), Vitamin C: 22.46mg (27.22%), Vitamin A: 1161.75IU (23.23%), Vitamin B2: 0.33mg (19.56%), Vitamin B1: 0.29mg (19.4%), Phosphorus: 189.63mg (18.96%), Folate: 75.55µg (18.89%), Manganese: 0.36mg (17.93%), Potassium: 524.96mg (15%), Selenium: 10.39µg (14.84%), Vitamin B3: 2.86mg (14.3%), Calcium: 127.33mg (12.73%), Fiber: 3.15g (12.6%), Magnesium: 49.26mg (12.32%), Iron: 1.86mg (10.33%), Vitamin B6: 0.2mg (10.23%), Vitamin B5: 1mg (10.05%), Vitamin E: 1.23mg (8.23%), Vitamin B12: 0.44µg (7.33%), Zinc: 1mg (6.65%), Copper: 0.13mg (6.25%), Vitamin D: 0.74µg (4.94%)