



Cheesy Mexican Corn Bake

READY IN



65 min.

SERVINGS



12

CALORIES



297 kcal

SIDE DISH

Ingredients

- 24 oz corn frozen
- 0.5 cup butter
- 1 cup bell pepper red chopped
- 0.5 cup bell pepper green chopped
- 1 cup onion chopped
- 2 eggs beaten
- 1.5 cups cream sour
- 3 tablespoons cornmeal
- 1 teaspoon sugar

- 0.5 teaspoon salt
- 8 oz cheddar cheese shredded
- 2.8 oz bread canned




Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook corn as directed on bag.
- Meanwhile, in 12-inch skillet, melt butter over medium-high heat. Stir in poblano chile, bell pepper and onion; cook 3 to 5 minutes, stirring frequently, until crisp-tender. Stir in corn.
- Remove from heat.
- In large bowl, beat eggs, sour cream, cornmeal, sugar and salt with wire whisk until well blended. Stir in corn mixture and cheese.
- Pour into baking dish.
- Bake 20 minutes.
- Sprinkle with French-fried onions.
- Bake about 10 minutes longer or until knife inserted in center comes out clean. Cool 5 minutes.

Nutrition Facts

 PROTEIN 12%  FAT 58.33%  CARBS 29.67%

Properties

Glycemic Index:24.01, Glycemic Load:4.42, Inflammation Score:-7, Nutrition Score:10.148260909578%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 297.32kcal (14.87%), Fat: 20.09g (30.9%), Saturated Fat: 8.07g (50.45%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 20.43g (7.43%), Sugar: 3.15g (3.5%), Cholesterol: 62.2mg (20.73%), Sodium: 364.11mg (15.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.59%), Vitamin C: 26.23mg (31.8%), Vitamin A: 1095.86IU (21.92%), Phosphorus: 191.56mg (19.16%), Calcium: 171.01mg (17.1%), Vitamin B2: 0.24mg (14.23%), Selenium: 8.73µg (12.47%), Folate: 48.26µg (12.06%), Vitamin B6: 0.23mg (11.3%), Fiber: 2.56g (10.24%), Vitamin B1: 0.14mg (9.55%), Manganese: 0.19mg (9.43%), Zinc: 1.36mg (9.09%), Magnesium: 35.15mg (8.79%), Potassium: 305.14mg (8.72%), Vitamin B3: 1.56mg (7.78%), Vitamin B12: 0.37µg (6.13%), Iron: 1.08mg (6.01%), Vitamin B5: 0.53mg (5.29%), Vitamin E: 0.77mg (5.14%), Copper: 0.07mg (3.59%), Vitamin K: 2.1µg (2%), Vitamin D: 0.24µg (1.61%)