



WHAT'SheATE



Cheesy Mexican Corn Bake



Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 tablespoons cornmeal
- ☐ 2 eggs beaten
- ☐ 2.8 oz fried onions canned
- ☐ 24 oz corn frozen
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 cup onion chopped
- ☐ 1 cup bell pepper red chopped

- ☐ 0.5 teaspoon salt
- ☐ 8 oz cheddar cheese shredded
- ☐ 1.5 cups cream sour
- ☐ 1 teaspoon sugar

Equipment

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

Directions

- ☐ Heat oven to 350F. 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 10.34%**  **FAT 62.76%**  **CARBS 26.9%**

Properties

Glycemic Index:17.3, Glycemic Load:1.77, Inflammation Score:-7, Nutrition Score:9.3508695363998%

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: 320.67kcal (16.03%), Fat: 23.14g (35.6%), Saturated Fat: 9.41g (58.83%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 19.9g (7.24%), Sugar: 2.85g (3.16%), Cholesterol: 62.2mg (20.73%), Sodium: 379.39mg (16.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.16%), Vitamin C: 26.23mg (31.8%), Vitamin A: 1095.86IU (21.92%), Phosphorus: 184.62mg (18.46%), Calcium: 167.57mg (16.76%), Vitamin B2: 0.21mg (12.56%), Vitamin B6: 0.22mg (10.95%), Folate: 40.12µg (10.03%), Selenium: 6.84µg (9.76%), Fiber: 2.42g (9.66%), Zinc: 1.29mg (8.63%), Potassium: 297.4mg (8.5%), Magnesium: 33.03mg (8.26%), Manganese: 0.15mg (7.7%), Vitamin B1: 0.1mg (6.42%), Vitamin B3: 1.24mg (6.19%), Vitamin B12: 0.37µg (6.13%), Vitamin B5: 0.51mg (5.07%), Vitamin E: 0.76mg (5.05%), Iron: 0.82mg (4.58%), Copper: 0.06mg (3.08%), Vitamin K: 2.05µg (1.95%), Vitamin D: 0.24µg (1.61%)