



Corn-And-Green Chile Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 15 ounce regular corn cream-style canned
- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 4 large egg whites lightly beaten
- ☐ 2 garlic cloves minced
- ☐ 0.7 cup onion finely chopped
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 6 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.5 cup cornmeal yellow
- ☐ 1.5 cups baby squash diced yellow

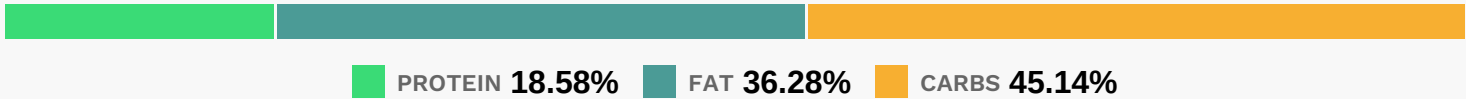
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion and squash; saut 4 minutes or just until onion begins to brown.
- ☐ Remove from heat.
- ☐ Stir in 1 cup cheese, corn, and next 8 ingredients.
- ☐ Place mixture in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 425 for 25 minutes or until center is set. Top with remaining 1/2 cup cheese.
- ☐ Bake an additional 5 minutes or until cheese melts.
- ☐ Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:77.13, Glycemic Load:10.19, Inflammation Score:-7, Nutrition Score:17.070434746535%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 398.22kcal (19.91%), Fat: 16.83g (25.89%), Saturated Fat: 8.58g (53.65%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 41.61g (15.13%), Sugar: 8.02g (8.91%), Cholesterol: 42.52mg (14.17%), Sodium: 1075.36mg (46.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.79%), Calcium: 394.66mg (39.47%), Phosphorus: 369.26mg (36.93%), Vitamin C: 25.57mg (30.99%), Vitamin B2: 0.52mg (30.74%), Selenium: 21.03µg (30.05%), Folate: 112.54µg (28.13%), Fiber: 5.49g (21.96%), Zinc: 3.1mg (20.65%), Vitamin B6: 0.41mg (20.6%), Manganese: 0.4mg (20.22%), Magnesium: 71.79mg (17.95%), Potassium: 541.01mg (15.46%), Vitamin A: 649.5IU (12.99%), Vitamin B3: 2.43mg (12.14%), Iron: 1.98mg (11.01%), Vitamin B1: 0.15mg (10.19%), Copper: 0.18mg (8.85%), Vitamin B5: 0.83mg (8.29%), Vitamin B12: 0.48µg (8.01%), Vitamin E: 0.56mg (3.75%), Vitamin K: 2.67µg (2.54%), Vitamin D: 0.26µg (1.7%)