



## Corn and Tomato Gratin

READY IN



4500 min.

SERVINGS



6

CALORIES



469 kcal

SIDE DISH

### Ingredients

- 1 teaspoon pepper black
- 2 cups bread crumbs fresh (preferably from a day-old baguette; an 8-inch piece, including crust)
- 0.5 cup basil fresh chopped
- 4 cups corn kernels fresh (from 6 to 8 ears)
- 0.5 cup heavy cream
- 0.5 cup parmesan finely grated
- 2 teaspoons salt
- 6 tablespoons butter unsalted for buttering pan cut into small pieces, plus additional
- 1 cup milk whole

- 1.5 lb tomatoes red yellow (4 medium)

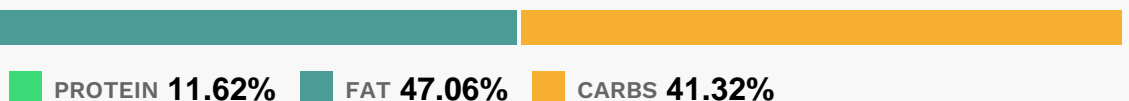
## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Arrange tomato slices in 1 layer on a rack set in a shallow baking pan and sprinkle on both sides with 1 teaspoon salt and 1/2 teaspoon pepper.
- Let drain 30 minutes.
- While tomatoes drain, bring corn, milk, cream, and 1/4 teaspoon salt to a simmer in a 2- to 3-quart heavy saucepan over high heat, then reduce heat and simmer, partially covered, until corn is tender, about 5 minutes. Cool slightly, uncovered.
- Put oven rack in upper third of oven and preheat oven to 375°F. Butter a shallow 2-quart baking dish.
- Toss together bread crumbs, basil, cheese, and remaining 3/4 teaspoon salt and 1/2 teaspoon pepper in another bowl.
- Arrange one third of tomato slices in baking dish, then cover evenly with one third of bread-crumbs mixture and dot with one third of butter. Spoon half of corn mixture over crumbs, then repeat layering with half of remaining tomatoes, crumbs, and butter, and all of corn. Arrange remaining tomatoes over corn, then top with remaining bread crumbs and dot with remaining butter.
- Bake, uncovered, until top is golden and gratin is bubbling all over, 40 to 45 minutes. Cool slightly on a rack, about 15 minutes, before serving.
- Gratin can be assembled, but not baked, 4 hours ahead and chilled, covered.
- Let stand at room temperature 30 minutes before baking.

## Nutrition Facts



## Properties

Glycemic Index:27.83, Glycemic Load:0.85, Inflammation Score:-8, Nutrition Score:18.533478135648%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 468.52kcal (23.43%), Fat: 25.5g (39.23%), Saturated Fat: 14.67g (91.69%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 45.91g (16.69%), Sugar: 10.9g (12.11%), Cholesterol: 63.06mg (21.02%), Sodium: 1235.26mg (53.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.34%), Vitamin B1: 0.58mg (38.41%), Manganese: 0.7mg (34.8%), Phosphorus: 301.67mg (30.17%), Folate: 116.35µg (29.09%), Vitamin B3: 5.54mg (27.71%), Calcium: 250.92mg (25.09%), Vitamin B2: 0.38mg (22.32%), Vitamin A: 1060.46IU (21.21%), Vitamin C: 17.26mg (20.92%), Potassium: 725.49mg (20.73%), Selenium: 13.51µg (19.3%), Magnesium: 76.94mg (19.23%), Fiber: 4.46g (17.85%), Iron: 2.99mg (16.61%), Copper: 0.28mg (13.94%), Vitamin B5: 1.28mg (12.81%), Vitamin K: 13.39µg (12.75%), Vitamin B6: 0.24mg (12.04%), Zinc: 1.76mg (11.75%), Vitamin B12: 0.5µg (8.35%), Vitamin D: 1.02µg (6.78%), Vitamin E: 0.66mg (4.41%)