



## Corn Pie With Ground Beef Crust

READY IN



80 min.

SERVINGS



6

CALORIES



284 kcal

### Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 cup breadcrumbs dry fine
- 14.5 ounce canned tomatoes diced drained canned
- 0.5 cup celery chopped
- 1 tablespoon chili powder
- 2 eggs slightly beaten
- 1 lb ground beef lean
- 1 tablespoon flour all-purpose
- 6 cloves garlic minced
- 2 spring onion thinly sliced

- 1 teaspoon ground cumin
- 2 tablespoons jalapeno seeded finely chopped
- 0.5 cup milk
- 1 tablespoon olive oil
- 1 cup onion chopped
- 0.5 teaspoon pepper red crushed
- 0.5 cup bell pepper sweet green red chopped
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 2.8 cups corn fresh whole

## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

## Directions

- In a large skillet, cook onion, celery, sweet pepper, jalapeo pepper, and garlic in hot oil about 5 minutes or until tender, stirring occasionally.
- Remove from heat and drain off fat. Stir in drained tomatoes, balsamic vinegar, chili powder, cumin, the 1/2 teaspoon salt, and the crushed red pepper. In a large bowl, combine ground beef, bread crumbs, and the onion-tomato mixture.
- Spread meat mixture evenly in an ungreased 2-quart square baking dish. In same bowl, combine eggs, milk, flour, and the 1/4 teaspoon salt; beat with a wire whisk until smooth. Stir in corn and green onions. Spoon evenly over meat layer.
- Bake, uncovered, in a 350F oven about 40 minutes or until corn layer is just set and meat layer is no longer pink.
- Let stand for 10 minutes; cut into portions to serve.

# Nutrition Facts

PROTEIN 32.33% FAT 31.4% CARBS 36.27%

## Properties

Glycemic Index:61.5, Glycemic Load:3.94, Inflammation Score:-7, Nutrition Score:19.532608706018%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

## Nutrients (% of daily need)

Calories: 284.2kcal (14.21%), Fat: 9.98g (15.35%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 22.72g (8.26%), Sugar: 7.11g (7.9%), Cholesterol: 103.87mg (34.62%), Sodium: 640.5mg (27.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.11g (46.22%), Vitamin C: 27.34mg (33.14%), Vitamin B12: 1.95µg (32.49%), Zinc: 4.79mg (31.92%), Vitamin B3: 6.34mg (31.72%), Vitamin B6: 0.6mg (30.1%), Selenium: 20.97µg (29.96%), Phosphorus: 284.93mg (28.49%), Iron: 4.15mg (23.03%), Potassium: 762.24mg (21.78%), Manganese: 0.39mg (19.51%), Vitamin B2: 0.33mg (19.28%), Vitamin K: 20.02µg (19.07%), Vitamin A: 886.74IU (17.73%), Vitamin E: 2.43mg (16.22%), Folate: 60.41µg (15.1%), Copper: 0.28mg (14.23%), Magnesium: 55.54mg (13.89%), Vitamin B1: 0.2mg (13.36%), Fiber: 3.2g (12.8%), Vitamin B5: 1.12mg (11.23%), Calcium: 102.47mg (10.25%), Vitamin D: 0.59µg (3.95%)