



Creamy Corn, Zucchini & Chipotle Bake

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



241 kcal

SIDE DISH

Ingredients

- 4 slices oscar mayer bacon cut into 1-inch pieces
- 8 oz four cheese shredded with a touch of philadelphia, divided mexican style kraft
- 1 chipotle pepper in adobo sauce canned drained finely chopped
- 0.5 cup knudsen cream sour
- 2 Tbsp cilantro leaves fresh chopped
- 1 cup regular corn frozen
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.5 cup onions chopped

4 zucchini chopped

Equipment

frying pan

oven

Directions

Heat oven to 350F.

Heat dressing in large skillet on medium-high heat.

Add onions and bacon; cook and stir 5 min. or until onions are crisp-tender. Stir in zucchini; cook 8 to 10 min. or until lightly browned, stirring occasionally.

Drain.

Add corn, 1 cup cheese, sour cream and peppers; mix well.

Spoon into 2-qt. casserole sprayed with cooking spray; sprinkle with remaining cheese.

Bake 15 min. or until cheese is melted and vegetable mixture is heated through; stir.

Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:10.093913062759%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 240.96kcal (12.05%), Fat: 18.05g (27.78%), Saturated Fat: 8.58g (53.61%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 9.17g (3.33%), Sugar: 3.98g (4.42%), Cholesterol: 44.09mg (14.7%), Sodium: 308.51mg (13.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.67%), Vitamin C: 19.94mg (24.17%), Calcium: 234.85mg (23.48%), Phosphorus: 215.29mg (21.53%), Selenium: 11.25µg (16.07%), Vitamin B2: 0.27mg (15.95%),

Vitamin B6: 0.27mg (13.29%), Vitamin A: 582.88IU (11.66%), Potassium: 396.2mg (11.32%), Manganese: 0.23mg (11.31%), Zinc: 1.7mg (11.3%), Folate: 40.55µg (10.14%), Magnesium: 35.86mg (8.97%), Fiber: 1.92g (7.67%), Vitamin B1: 0.11mg (7.48%), Vitamin K: 7.52µg (7.16%), Vitamin B12: 0.39µg (6.43%), Vitamin B3: 1.28mg (6.38%), Vitamin B5: 0.5mg (5%), Copper: 0.08mg (4.19%), Iron: 0.68mg (3.78%), Vitamin E: 0.52mg (3.45%), Vitamin D: 0.21µg (1.43%)