



Double Corn-and-Ham Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon pepper black
- ☐ 6 ounces ham diced lean
- ☐ 6 ears shucked corn
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup green onions chopped

- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup cornmeal yellow

Equipment

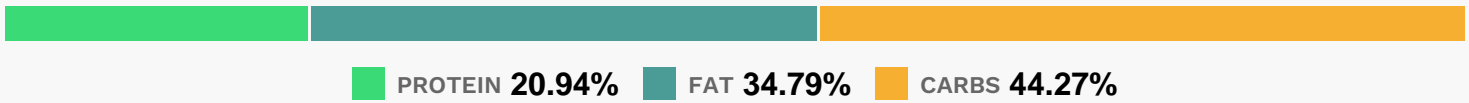
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Prepare corn bread: Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients (flour through salt) in a medium bowl; make a well in center of mixture.
- ☐ Add milk, oil, and egg white to flour mixture; stir just until moist. Spoon batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 400 for 18 minutes or until a wooden pick inserted in center comes out clean. Cool completely on a wire rack, and crumble into a medium bowl.
- ☐ Reduce oven temperature to 35
- ☐ Cut off tops of corn kernels, and scrape the corn milk and remaining pulp from cobs using the dull side of a knife blade to yield 3 cups.

- ☐
- Combine corn and next 5 ingredients (corn through black pepper) in a large saucepan, and bring mixture to a boil. Reduce heat, and simmer for 12 minutes.
- ☐
- Remove corn mixture from heat, and cool.
- ☐
- Combine the corn mixture, crumbled corn bread, cheese, and egg in a large bowl. Spoon the mixture into a 10-inch deep-dish pie plate or 2-quart casserole coated with cooking spray.
- ☐
- Bake at 350 for 50 minutes or until golden brown.
- ☐
- Let stand 5 minutes before serving.
- ☐
- Garnish with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:66.1, Glycemic Load:11.42, Inflammation Score:-6, Nutrition Score:12.903913052186%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 313.19kcal (15.66%), Fat: 12.65g (19.46%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 33.08g (12.03%), Sugar: 9.69g (10.76%), Cholesterol: 66.07mg (22.02%), Sodium: 1130.68mg (49.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.27%), Phosphorus: 259.43mg (25.94%), Selenium: 15.34µg (21.91%), Calcium: 215.36mg (21.54%), Vitamin K: 22.37µg (21.31%), Folate: 74.28µg (18.57%), Vitamin B1: 0.28mg (18.44%), Vitamin B2: 0.3mg (17.73%), Manganese: 0.31mg (15.54%), Magnesium: 56.68mg (14.17%), Vitamin B3: 2.83mg (14.16%), Fiber: 3.15g (12.6%), Zinc: 1.69mg (11.29%), Potassium: 390.24mg (11.15%), Vitamin B5: 1.11mg (11.06%), Vitamin A: 524.76IU (10.5%), Iron: 1.87mg (10.37%), Vitamin B6: 0.19mg (9.65%), Vitamin C: 7.69mg (9.32%), Vitamin B12: 0.51µg (8.55%), Copper: 0.12mg (5.9%), Vitamin E: 0.57mg (3.78%), Vitamin D: 0.5µg (3.31%)