



Four-Corn Pie

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

Ingredients

- 4.5 ounce chiles green drained chopped canned
- 3 ounces colby-jack cheese shredded divided
- 17.5 ounce no-salt-added whole-kernel corn drained canned
- 1 cup cornflakes crushed finely
- 0.8 cup egg substitute
- 0.3 cup cilantro leaves fresh chopped
- 15.5 ounce hominy white drained canned
- 8.5 ounce no-salt-added corn cream-style canned
- 1 cup onion chopped
- 4 tablespoons cup heavy whipping cream fat-free sour

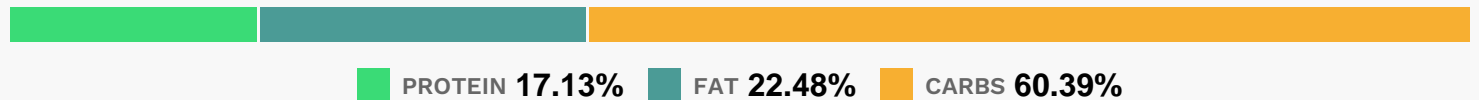
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 40
- Place a small nonstick skillet coated with cooking spray over medium heat until hot.
- Add onion; saut 5 minutes or until lightly browned.
- Combine onion, whole-kernel corn, cream-style corn, hominy, chiles, and cilantro in a large bowl; stir in 1/2 cup cheese and egg substitute. Spoon mixture into a 9-inch pie plate coated with cooking spray.
- Combine 1/4 cup cheese and cornflakes; toss well.
- Sprinkle over corn mixture.
- Bake at 400 for 50 minutes or until top is browned and mixture is set.
- Serve with 1 tablespoon sour cream.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:18.589565163073%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 367.74kcal (18.39%), Fat: 9.72g (14.95%), Saturated Fat: 4.81g (30.04%), Carbohydrates: 58.75g (19.58%), Net Carbohydrates: 51.32g (18.66%), Sugar: 12.88g (14.31%), Cholesterol: 21.28mg (7.09%), Sodium: 1205.09mg

(52.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.66g (33.33%), Selenium: 27.47µg (39.24%), Folate: 135.67µg (33.92%), Vitamin B2: 0.55mg (32.28%), Fiber: 7.43g (29.72%), Phosphorus: 289.92mg (28.99%), Iron: 4.85mg (26.92%), Vitamin C: 20.29mg (24.59%), Calcium: 231.71mg (23.17%), Zinc: 3.2mg (21.3%), Vitamin B6: 0.38mg (19.07%), Vitamin B3: 3.46mg (17.28%), Manganese: 0.33mg (16.61%), Magnesium: 65.69mg (16.42%), Vitamin B1: 0.24mg (16.11%), Vitamin B5: 1.61mg (16.07%), Potassium: 504.07mg (14.4%), Vitamin A: 678.17IU (13.56%), Vitamin B12: 0.72µg (11.92%), Copper: 0.16mg (7.88%), Vitamin D: 1.1µg (7.33%), Vitamin E: 1.03mg (6.83%), Vitamin K: 4.14µg (3.95%)