



Fresh Corn-and-Green Chile Dressing

 Vegetarian

READY IN



140 min.

SERVINGS



16

CALORIES



387 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups breadcrumbs fresh soft
- ☐ 0.5 cup butter
- ☐ 8 oz chiles green chopped canned
- ☐ 7 cups chicken broth
- ☐ 16 servings cornbread crumbles
- ☐ 4 large eggs lightly beaten
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 cups corn kernels fresh

- ☐ 1 tablespoon pepper freshly ground
- ☐ 2 cups onions diced sweet

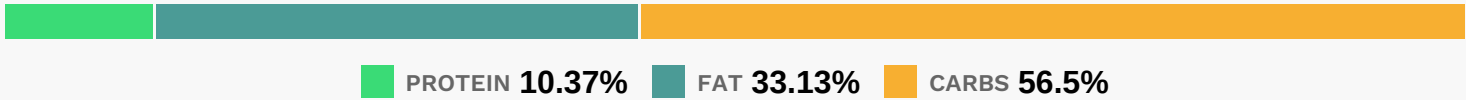
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Melt butter in a large skillet over medium-high heat; add corn and onions, and saut 5 to 6 minutes or until onions are tender. Stir in cilantro and green chiles, and saut 1 minute.
- ☐ Stir together Cornbread Crumbles and breadcrumbs in a large bowl. Stir in eggs, next 2 ingredients, and corn mixture, stirring until blended. Divide cornbread mixture between 1 lightly greased 13- x 9-inch baking dish and 1 lightly greased 8-inch square baking dish.
- ☐ Bake at 400 for 45 to 55 minutes or until set and golden brown.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:12.658261024434%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 386.71kcal (19.34%), Fat: 14.42g (22.18%), Saturated Fat: 6.63g (41.44%), Carbohydrates: 55.33g (18.44%), Net Carbohydrates: 51.96g (18.9%), Sugar: 14.06g (15.62%), Cholesterol: 98.01mg (32.67%), Sodium: 1014.68mg

(44.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Phosphorus: 330.57mg (33.06%), Vitamin B1: 0.39mg (25.95%), Manganese: 0.48mg (23.98%), Selenium: 14.97µg (21.39%), Folate: 84.8µg (21.2%), Vitamin B2: 0.33mg (19.5%), Vitamin B3: 3.39mg (16.94%), Iron: 2.81mg (15.6%), Calcium: 142.52mg (14.25%), Fiber: 3.36g (13.46%), Vitamin C: 7.85mg (9.52%), Vitamin B5: 0.9mg (9.03%), Vitamin A: 451.12IU (9.02%), Magnesium: 34.78mg (8.69%), Vitamin B6: 0.17mg (8.35%), Potassium: 277.76mg (7.94%), Copper: 0.15mg (7.59%), Zinc: 1.11mg (7.37%), Vitamin K: 6.4µg (6.09%), Vitamin B12: 0.35µg (5.88%), Vitamin E: 0.7mg (4.66%), Vitamin D: 0.25µg (1.67%)