



Fresh Corn Casserole with Red Bell Peppers and Jalapenos

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



397 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ears corn (still in the husk)
- 1 cup heavy cream
- 2 jalapeños fresh diced
- 0.5 cup milk
- 2 bell peppers diced red
- 6 servings salt and pepper black freshly ground
- 1 stick butter salted cut into pieces

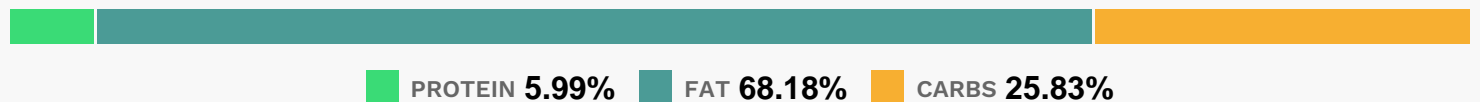
Equipment

- bowl
- oven
- knife
- baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Remove the corn from the husks. In a large, deep bowl, slice off the kernels of corn with a sharp knife. Turn the knife to the dull side and scrape the cob all the way down to remove all the bits of kernel and creamy milk inside. (I do this inside the bowl because it goes everywhere if you cut it on a board.)
- Add the red bell peppers, jalapenos, heavy cream, milk, salt to taste, a generous amount of pepper and butter and mix it well.
- Pour into a 9 by 13-inch baking dish.
- Bake until thoroughly warmed through, 30 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:0.93, Inflammation Score:-9, Nutrition Score:14.637826225032%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 397.22kcal (19.86%), Fat: 32g (49.24%), Saturated Fat: 19.6g (122.51%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 23.9g (8.69%), Sugar: 11.52g (12.8%), Cholesterol: 87.75mg (29.25%), Sodium: 159.28mg (6.93%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.65%), Vitamin C: 64.71mg (78.43%), Vitamin A: 2603.9IU (52.08%), Folate: 72.08µg (18.02%), Phosphorus: 166.55mg (16.65%), Vitamin B1: 0.23mg (15.31%), Potassium: 493.3mg (14.09%), Magnesium: 55.62mg (13.91%), Vitamin B6: 0.27mg (13.69%), Fiber: 3.39g (13.56%), Vitamin B3: 2.63mg (13.14%), Manganese: 0.26mg (12.93%), Vitamin B2: 0.21mg (12.48%), Vitamin B5: 1.2mg (12%), Vitamin E: 1.69mg (11.27%), Calcium: 61.89mg (6.19%), Vitamin D: 0.86µg (5.72%), Zinc: 0.85mg (5.7%), Vitamin K: 5.98µg (5.69%), Iron: 0.86mg (4.77%), Copper: 0.08mg (3.98%), Selenium: 2.55µg (3.64%), Vitamin B12: 0.21µg (3.42%)