



 **51%**
HEALTH SCORE

Fresh Corn Tart with Chipotle Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

Ingredients

- 1 teaspoon chipotle chile canned minced
- 3.5 cups corn kernels (7 ears)
- 2 tablespoons cilantro leaves fresh chopped
- 3 garlic cloves minced
- 2 teaspoons juice of lime fresh
- 6 ounces meatless sausage spanish (such as Soyrizo)
- 1.5 cups onion chopped
- 2 ounces part-skim mozzarella cheese shredded divided
- 0.7 cup poblano chile seeded chopped

- 0.8 cup polenta dry
- 0.5 teaspoon salt
- 0.3 cup cup heavy whipping cream light sour
- 1 teaspoon water
- 2 cups water

Equipment

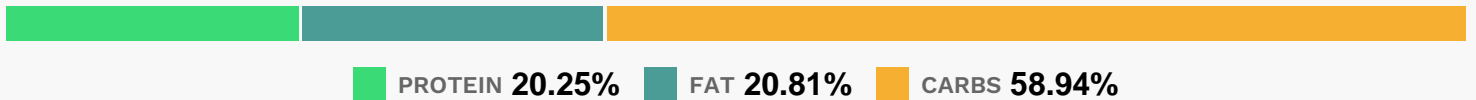
- bowl
- frying pan
- paper towels
- sauce pan
- oven

Directions

- To prepare cream, combine the first 4 ingredients in a bowl, stirring well. Cover and chill.
- Preheat oven to 40
- To prepare tart, heat a 10-inch cast-iron skillet over medium-high heat. Coat pan with cooking spray.
- Add onion to pan; saut 5 minutes.
- Add chile to pan; saut 5 minutes.
- Remove casings from sausage.
- Add sausage to pan; saut 2 minutes, stirring to crumble.
- Add corn and garlic to pan; saut 5 minutes or until lightly browned.
- Remove corn mixture from pan.
- Wipe pan dry with a paper towel. Recoat pan with cooking spray, and set pan aside.
- Combine 2 cups water and salt in a saucepan over medium-high heat; bring to a boil. Gradually stir in the polenta; cook 5 minutes or until thick, stirring constantly.
- Remove from heat, and stir in 1 1/2 cups corn mixture.
- Pour polenta mixture into prepared pan.

- Sprinkle 1/4 cup cheese evenly over polenta mixture; top with remaining corn mixture.
- Sprinkle remaining 1/4 cup cheese over top.
- Bake at 400 for 25 minutes or until lightly browned.
- Let stand for 5 minutes, and cut into wedges.
- Sprinkle with cilantro.
- Serve with chipotle cream.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:1.01, Inflammation Score:-5, Nutrition Score:21.224347889423%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

Nutrients (% of daily need)

Calories: 247.82kcal (12.39%), Fat: 5.9g (9.08%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 33.06g (12.02%), Sugar: 6.7g (7.44%), Cholesterol: 9.4mg (3.13%), Sodium: 652mg (28.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.85%), Vitamin B6: 15.94mg (797%), Vitamin B12: 31.61µg (526.9%), Vitamin B2: 6.44mg (379.08%), Iron: 6.97mg (38.72%), Vitamin C: 18.89mg (22.9%), Fiber: 4.57g (18.26%), Phosphorus: 126.58mg (12.66%), Folate: 47.85µg (11.96%), Manganese: 0.23mg (11.47%), Calcium: 107.08mg (10.71%), Potassium: 309.33mg (8.84%), Selenium: 6.03µg (8.61%), Magnesium: 27.94mg (6.98%), Vitamin B3: 1.35mg (6.76%), Vitamin B1: 0.1mg (6.54%), Zinc: 0.81mg (5.42%), Vitamin B5: 0.52mg (5.21%), Copper: 0.09mg (4.75%), Vitamin A: 234.53IU (4.69%), Vitamin K: 2.09µg (1.99%), Vitamin E: 0.21mg (1.37%)