

Gina's Corn Souffle

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter plus more for baking dish
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 cups corn kernels fresh whole frozen thawed , if
- ☐ 5 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 2 cups half-and-half
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 0.5 medium onion chopped fine
- ☐ 1 teaspoon paprika smoked
- ☐ 1 cup cheddar white extra-sharp grated

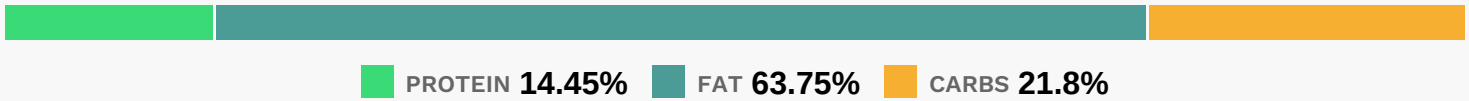
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Coat the bottom and sides of a round 2 quart souffle dish with butter.
- ☐ Melt the butter in a medium-sized saucepan over medium heat.
- ☐ Add the onion and garlic and saute until tender, about 3 minutes. Stir in the corn, salt and pepper, to taste, the smoked paprika and cayenne.
- ☐ Saute for 1 more minute.
- ☐ Add the flour and stir until it becomes light blonde in color, about 2 more minutes.
- ☐ Add the half-and-half and whisk until the mixture becomes smooth and thickened.
- ☐ Remove from the heat.
- ☐ Beat the eggs in a large bowl. Temper the eggs into the corn mixture, then stir in the cheese.
- ☐ Pour the mixture into the buttered souffle dish.
- ☐ Bake for 35 minutes.
- ☐ Remove from the oven and serve.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:3.31, Inflammation Score:-7, Nutrition Score:13.960000048513%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 413.67kcal (20.68%), Fat: 30.21g (46.47%), Saturated Fat: 16.85g (105.3%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 21.31g (7.75%), Sugar: 8.55g (9.5%), Cholesterol: 227.15mg (75.72%), Sodium: 318.35mg (13.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.81%), Selenium: 23.24µg (33.2%), Phosphorus: 323.98mg (32.4%), Vitamin B2: 0.51mg (29.89%), Vitamin A: 1326.07IU (26.52%), Calcium: 253.08mg (25.31%), Folate: 68.33µg (17.08%), Vitamin B5: 1.53mg (15.32%), Vitamin B1: 0.21mg (13.86%), Zinc: 1.97mg (13.12%), Vitamin B12: 0.74µg (12.39%), Magnesium: 48.41mg (12.1%), Potassium: 410.61mg (11.73%), Vitamin B6: 0.23mg (11.35%), Manganese: 0.22mg (10.82%), Vitamin B3: 1.78mg (8.92%), Iron: 1.54mg (8.58%), Vitamin E: 1.23mg (8.2%), Vitamin C: 6.71mg (8.14%), Fiber: 1.93g (7.73%), Vitamin D: 0.95µg (6.31%), Copper: 0.1mg (5.04%), Vitamin K: 3.23µg (3.07%)