



Green Chile & Corn Casserole Side Dish

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 16 ounces regular corn
- 1.5 cups extra sharp cheddar cheese shredded
- 4 ounces to 2 chilies slit green chopped canned
- 2 tablespoons seasoned bread crumbs italian
- 10 servings kosher salt fresh black
- 0.3 cup milk
- 1 cup cream sour

1 teaspoon thyme leaves

Equipment

oven

whisk

mixing bowl

casserole dish

Directions

Preheat oven to 400 degrees. Grease an 8x8 casserole dish. In a medium mixing bowl whisk sour cream, milk, and thyme together until well combined.

Add green chiles with juices, corn, and cheddar. Season well with salt and pepper.

Mix well.

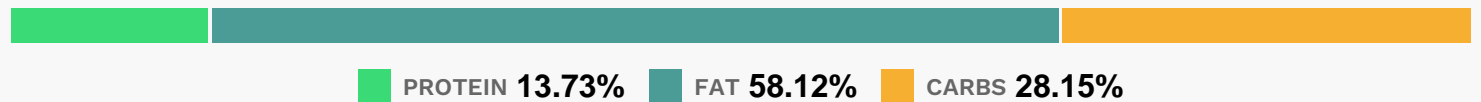
Pour into greased casserole dish.

Sprinkle crumbs evenly over top.

Cut butter into tiny cubes and dot the top with them.

Bake for 20-25 minutes until top is golden brown and casserole is bubbly.

Nutrition Facts



Properties

Glycemic Index: 21.55, Glycemic Load: 4.91, Inflammation Score: -5, Nutrition Score: 5.6082608695652%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Taste

Sweetness: 71.79%, Saltiness: 36.22%, Sourness: 15.88%, Bitterness: 10.2%, Savoriness: 24.47%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 182.86kcal (9.14%), Fat: 12.35g (19%), Saturated Fat: 6.53g (40.8%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 11.87g (4.32%), Sugar: 3.69g (4.1%), Cholesterol: 34.28mg (11.43%), Sodium: 388.05mg (16.87%), Protein: 6.56g (13.13%), Calcium: 156.84mg (15.68%), Phosphorus: 140.29mg (14.03%), Vitamin A: 490.65IU (9.81%), Vitamin B2: 0.16mg (9.26%), Selenium: 6.36µg (9.09%), Zinc: 1.04mg (6.92%), Fiber: 1.59g (6.36%), Vitamin B5: 0.54mg (5.44%), Vitamin C: 4.44mg (5.38%), Manganese: 0.1mg (5.19%), Magnesium: 20.67mg (5.17%), Vitamin B1: 0.07mg (4.97%), Vitamin B3: 0.93mg (4.64%), Vitamin B6: 0.09mg (4.6%), Vitamin B12: 0.27µg (4.5%), Folate: 17.88µg (4.47%), Potassium: 156.05mg (4.46%), Iron: 0.38mg (2.13%), Vitamin E: 0.3mg (1.97%), Copper: 0.04mg (1.91%), Vitamin K: 1.97µg (1.88%), Vitamin D: 0.17µg (1.13%)