



Here's the Outlaw Chef's

 Gluten Free

READY IN



85 min.

SERVINGS



10

CALORIES



279 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bacon fat
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup hatch chiles green fire roasted chopped
- ☐ 0.5 cup creme mexicana sour Mexican cream
- ☐ 2 ears corn husked
- ☐ 2 eggs beaten
- ☐ 12 ounces goat cheese
- ☐ 0.5 cup onion chopped

- ☐ 0.8 teaspoon salt
- ☐ 0.1 cup water
- ☐ 1.3 cups cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill to medium-high.
- ☐ Grill the corn until slightly charred black in some areas and has good color.
- ☐ Remove the corn from the grill to a cutting board and, using a serrated knife, cut the kernels off the cob. Set aside.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Add about 1/8-inch of bacon fat to a 10-inch cast iron skillet and put it in the oven to heat up. While this is going on, mix the dry ingredients. In a medium bowl add the cornmeal, reserving about 1/8 cup, the salt and the baking soda. When the oil is hot, remove the skillet from the oven and sprinkle the bottom with the reserved 1/8 cup of cornmeal. Stir it into the oil and return the skillet to the oven to brown the cornmeal. In a large bowl add the eggs, creme mexicana, corn, chiles, water, remaining bacon fat and the onions. When the cornmeal roux is nice and brown, remove the skillet from the oven and pour in half of the batter. It should sizzle a little in the hot bacon fat. Now sprinkle the goat cheese evenly across the top of the first layer of batter. Gently pour in the remaining batter, being careful not to upset the layers, and bake until the top is golden brown, about 40 to 45 minutes.
- ☐ Remove from the oven and let cool 10 minutes before serving

Nutrition Facts



 PROTEIN **14.99%**  FAT **56.01%**  CARBS **29%**

Properties

Glycemic Index:14.05, Glycemic Load:9.3, Inflammation Score:-6, Nutrition Score:9.4269565084706%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 279.22kcal (13.96%), Fat: 17.61g (27.09%), Saturated Fat: 8.98g (56.11%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 17.93g (6.52%), Sugar: 3.3g (3.67%), Cholesterol: 60.79mg (20.26%), Sodium: 384.57mg (16.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.21%), Vitamin C: 23.47mg (28.45%), Phosphorus: 182.76mg (18.28%), Copper: 0.34mg (16.92%), Vitamin B6: 0.32mg (16.21%), Vitamin B2: 0.23mg (13.66%), Vitamin A: 647.21IU (12.94%), Manganese: 0.23mg (11.67%), Fiber: 2.59g (10.36%), Magnesium: 39.86mg (9.96%), Iron: 1.67mg (9.27%), Vitamin B1: 0.13mg (8.78%), Zinc: 1.22mg (8.15%), Selenium: 5.5µg (7.85%), Folate: 28.2µg (7.05%), Calcium: 69.86mg (6.99%), Vitamin B5: 0.69mg (6.92%), Potassium: 207.98mg (5.94%), Vitamin B3: 1.17mg (5.84%), Vitamin D: 0.46µg (3.07%), Vitamin K: 3.04µg (2.89%), Vitamin E: 0.42mg (2.83%), Vitamin B12: 0.17µg (2.79%)