



Hot Corn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



464 kcal

SIDE DISH

Ingredients

- ☐ 1 cup butter
- ☐ 16 ounce cream cheese
- ☐ 12 ounce jalapeño peppers diced drained
- ☐ 0.5 cup milk
- ☐ 2 cups cheddar cheese shredded
- ☐ 60 ounce kernel corn whole drained canned

Equipment

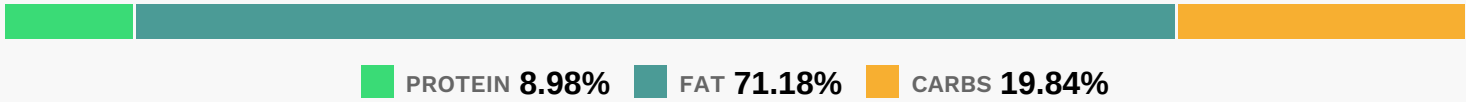
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a medium saucepan over medium heat combine butter, cream cheese and milk; stir until smooth.
- ☐ In a 9x13 inch baking dish combine corn and jalapenos.
- ☐ Pour milk mixture over corn and sprinkle with cheddar cheese.
- ☐ Bake in preheated oven for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:10.718260837638%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 463.98kcal (23.2%), Fat: 37.2g (57.24%), Saturated Fat: 21.5g (134.38%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 22.54g (8.2%), Sugar: 3.15g (3.5%), Cholesterol: 98.9mg (32.97%), Sodium: 599.26mg (26.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.11%), Vitamin C: 36.03mg (43.68%), Vitamin A: 1491.16IU (29.82%), Phosphorus: 207mg (20.7%), Calcium: 193.1mg (19.31%), Folate: 56.69µg (14.17%), Vitamin B2: 0.23mg (13.62%), Selenium: 9.08µg (12.97%), Vitamin E: 1.93mg (12.83%), Zinc: 1.38mg (9.17%), Potassium: 318.92mg (9.11%), Vitamin B6: 0.16mg (7.99%), Vitamin B3: 1.53mg (7.66%), Magnesium: 29.93mg (7.48%), Vitamin K: 7.85µg (7.47%), Vitamin B12: 0.37µg (6.16%), Manganese: 0.11mg (5.67%), Vitamin B5: 0.44mg (4.41%), Vitamin B1: 0.05mg (3.56%), Copper: 0.07mg (3.51%), Fiber: 0.79g (3.18%), Iron: 0.46mg (2.55%), Vitamin D: 0.22µg (1.5%)