



WHATSheATE

Jalapeno Corn Casserole



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 22 ounce vacuum corn packed drained canned
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup evaporated milk
- ☐ 1 pickled jalapeño pepper sliced

Equipment

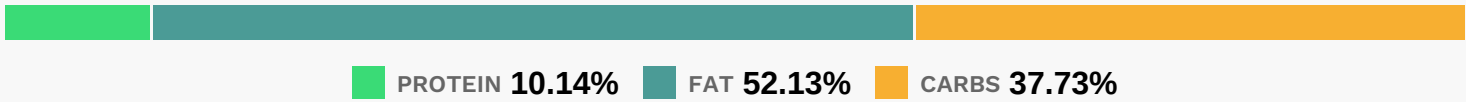
- ☐ oven
- ☐ mixing bowl
- ☐ casserole dish

☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x9 inch casserole dish with cooking spray.
- ☐ In a mixing bowl, combine cream cheese and milk until smooth. Stir in corn and jalapeno peppers.
- ☐ Transfer mixture to the prepared dish and cover with a lid or foil.
- ☐ Bake in a preheated 350 degrees F (175 degrees C) oven for 40 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:11.31, Inflammation Score:-6, Nutrition Score:7.2882608628791%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 251.66kcal (12.58%), Fat: 15.63g (24.04%), Saturated Fat: 8.49g (53.03%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 22.89g (8.32%), Sugar: 7.64g (8.49%), Cholesterol: 42.24mg (14.08%), Sodium: 134.64mg (5.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.69%), Vitamin A: 839.64IU (16.79%), Phosphorus: 149.51mg (14.95%), Vitamin B5: 1.14mg (11.35%), Vitamin B2: 0.19mg (11.3%), Vitamin C: 8.75mg (10.61%), Fiber: 2.56g (10.24%), Potassium: 324.71mg (9.28%), Vitamin B3: 1.84mg (9.2%), Vitamin B6: 0.18mg (9.12%), Manganese: 0.18mg (9.04%), Magnesium: 34.14mg (8.53%), Calcium: 76.6mg (7.66%), Vitamin B1: 0.11mg (7.53%), Folate: 29.06µg (7.27%), Zinc: 0.94mg (6.3%), Selenium: 3.79µg (5.41%), Vitamin E: 0.52mg (3.5%), Copper: 0.06mg (3.05%), Iron: 0.54mg (3.01%), Vitamin B12: 0.1µg (1.76%), Vitamin K: 1.73µg (1.64%)