



WHATSHETE



Maizitos con Tocineta (Corn al Gratin with Bacon)

READY IN



45 min.

SERVINGS



6

CALORIES



732 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter
- ☐ 0.5 pound bacon cooked cut into pieces
- ☐ 5 tablespoons flour
- ☐ 6 cups corn kernels fresh
- ☐ 3 cups milk
- ☐ 1 pinch nutmeg
- ☐ 1 cup parmesan cheese
- ☐ 6 servings salt and pepper

☐ 3 cups mozzarella cheese shredded

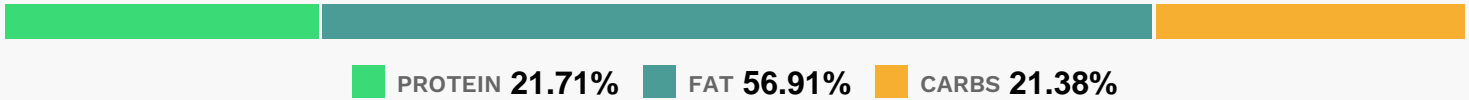
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F.Bring a small saucepan of salted water to a boil over medium heat and add the corn kernels. Cook for about 3 minutes. Strain and set aside.In a medium saucepan, heat the butter over medium-low heat until melted.
- ☐ Add the flour and stir until smooth. Over medium heat, cook until the mixture turns a light, golden color, about 6 to 7 minutes.Meanwhile, heat the milk in a separate pan.
- ☐ Add the hot milk to the butter mixture 1 cup at a time, whisking continuously until very smooth. Bring to a boil. Cook 10 minutes, stirring constantly, then remove from heat.
- ☐ Add the mozzarella cheese and season with salt, pepper and nutmeg and set aside until ready to use.
- ☐ Place the corn into an oven proof dish or individual ramekins.
- ☐ Pour cheese sauce over corn and sprinkle parmesan cheese on top. Wrap with foil and bake in oven for 25 to 30 minutes.
- ☐ Remove foil and cook for 10 minutes uncovered. Top with bacon pieces and allow to sit for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:6.13, Inflammation Score:-8, Nutrition Score:25.598695672077%

Nutrients (% of daily need)

Calories: 732.14kcal (36.61%), Fat: 47.43g (72.96%), Saturated Fat: 24.63g (153.91%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 36.97g (13.45%), Sugar: 15.73g (17.48%), Cholesterol: 137.73mg (45.91%), Sodium: 1605.22mg (69.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.71g (81.41%), Phosphorus: 723.3mg (72.33%), Calcium: 641.98mg (64.2%), Selenium: 37.88µg (54.12%), Vitamin B12: 2.57µg (42.86%), Vitamin B1: 0.58mg (38.56%), Vitamin B3: 7.14mg (35.72%), Vitamin B2: 0.59mg (34.43%), Zinc: 4.48mg (29.85%), Vitamin A: 1341.53IU (26.83%), Magnesium: 100.51mg (25.13%), Potassium: 831.68mg (23.76%), Vitamin B6: 0.45mg (22.54%), Vitamin B5: 2.11mg (21.14%), Folate: 77.97µg (19.49%), Manganese: 0.32mg (15.88%), Fiber: 3.1g (12.41%), Vitamin D: 1.8µg (12%), Vitamin C: 9.86mg (11.96%), Iron: 1.8mg (9.98%), Copper: 0.14mg (7.08%), Vitamin E: 0.79mg (5.29%), Vitamin K: 3.37µg (3.21%)