



Meat and Corn Pie (Pastel de Choclo)

READY IN



102 min.

SERVINGS



6

CALORIES



430 kcal

Ingredients

- ☐ 0.8 pound ground beef 95% lean
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon canola oil
- ☐ 8 ears corn yellow
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 large garlic clove minced
- ☐ 0.5 cup olive green pitted chopped
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 large hardboiled eggs thinly sliced
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 0.5 cup beef broth fat-free
- ☐ 2 cups onion finely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt divided
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 1 teaspoon sugar
- ☐ 1 cup water hot
- ☐ 0.3 cup cornmeal yellow

Equipment

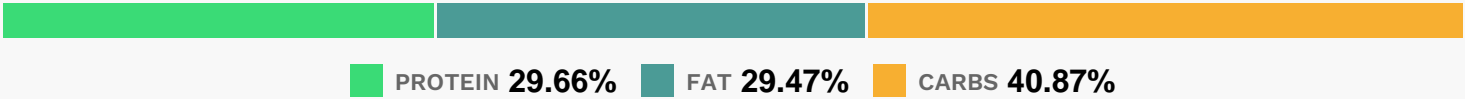
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ broiler
- ☐ meat tenderizer

Directions

- ☐ Remove husks from corn, and scrub silks from corn.

- ☐ Cut kernels from ears of corn to measure 6 cups.
- ☐ Place corn kernels, milk, cornmeal, sugar, and salt in a blender or food processor; process until pureed.
- ☐ Melt butter in large saucepan over medium heat.
- ☐ Add corn puree, and cook 10 to 12 minutes or until mixture is thick like oatmeal, stirring frequently.
- ☐ Remove from heat; stir in basil.
- ☐ Preheat broiler.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place chicken on a jelly-roll pan coated with cooking spray. Broil chicken 5 to 6 minutes on each side or until chicken is done. Cool slightly; shred chicken with 2 forks.
- ☐ Preheat oven to 37
- ☐ Combine raisins and 1 cup hot water in a bowl.
- ☐ Let stand 10 minutes.
- ☐ While raisins stand, heat a large skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion; saut 4 minutes.
- ☐ Add oregano and next 4 ingredients (through garlic); saut 1 minute.
- ☐ Add beef; cook 5 to 7 minutes or until browned, stirring to crumble.
- ☐ Sprinkle with flour; cook 2 minutes, stirring constantly. Stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and broth; cook 1 minute or until slightly thick, stirring constantly.
- ☐ Drain raisins; discard liquid.
- ☐ Spread beef mixture in an 8-inch square glass or ceramic baking dish coated with cooking spray. Top with shredded chicken, sliced eggs, raisins, and olives.
- ☐ Pour corn puree over casserole, spreading to cover filling.
- ☐ Bake at 375 for 30 to 35 minutes or until corn puree is lightly browned and forms a crust.
- ☐ Garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:89.73, Glycemic Load:10.36, Inflammation Score:-8, Nutrition Score:23.039130552955%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg

Nutrients (% of daily need)

Calories: 429.54kcal (21.48%), Fat: 14.64g (22.53%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 45.69g (15.23%), Net Carbohydrates: 40.29g (14.65%), Sugar: 11.84g (13.15%), Cholesterol: 140.2mg (46.73%), Sodium: 677.42mg (29.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.16g (66.32%), Vitamin B3: 11.69mg (58.47%), Selenium: 35.83µg (51.18%), Vitamin B6: 0.94mg (46.88%), Phosphorus: 430.51mg (43.05%), Potassium: 1041.85mg (29.77%), Zinc: 4.41mg (29.41%), Vitamin B12: 1.68µg (27.94%), Vitamin B5: 2.47mg (24.71%), Magnesium: 95.69mg (23.92%), Vitamin B2: 0.39mg (23.07%), Vitamin B1: 0.34mg (22.59%), Fiber: 5.39g (21.58%), Manganese: 0.43mg (21.48%), Folate: 80.13µg (20.03%), Iron: 3.38mg (18.79%), Vitamin C: 13.93mg (16.89%), Vitamin A: 592.03IU (11.84%), Copper: 0.23mg (11.64%), Vitamin E: 1.57mg (10.46%), Calcium: 74.14mg (7.41%), Vitamin K: 5.87µg (5.59%), Vitamin D: 0.48µg (3.2%)