



WHATSheATE



Mexican Corn Casserole

READY IN



55 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4.5 ounce chiles green chopped canned
- ☐ 8.5 ounce corn muffin mix (such as Jiffy)
- ☐ 0.5 cup egg substitute
- ☐ 1.3 ounces monterrey jack cheese shredded with jalapeño peppers
- ☐ 14.8 ounce no-salt-added corn cream-style canned

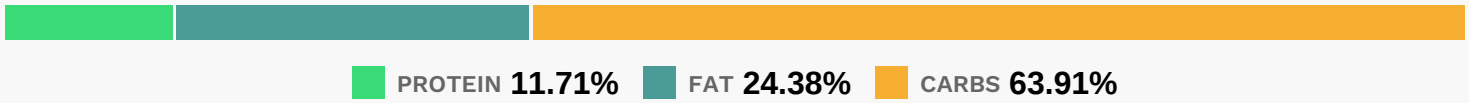
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients; stir just until moist.
- ☐ Pour mixture into a 1-quart baking dish coated with cooking spray.
- ☐ Bake at 350 for 50 to 55 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:6.9847826698552%

Nutrients (% of daily need)

Calories: 191.27kcal (9.56%), Fat: 5.33g (8.21%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 28.6g (10.4%), Sugar: 8.14g (9.04%), Cholesterol: 4.7mg (1.57%), Sodium: 503.31mg (21.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Phosphorus: 206.96mg (20.7%), Folate: 62.33µg (15.58%), Selenium: 8.81µg (12.58%), Fiber: 2.86g (11.42%), Vitamin B2: 0.19mg (11.19%), Vitamin B1: 0.16mg (10.76%), Vitamin C: 7.7mg (9.34%), Iron: 1.49mg (8.3%), Vitamin B3: 1.63mg (8.17%), Calcium: 69.79mg (6.98%), Manganese: 0.13mg (6.59%), Vitamin B6: 0.11mg (5.71%), Vitamin B5: 0.51mg (5.11%), Magnesium: 20.25mg (5.06%), Zinc: 0.75mg (4.99%), Potassium: 157.78mg (4.51%), Vitamin A: 162.59IU (3.25%), Copper: 0.06mg (2.88%), Vitamin E: 0.34mg (2.24%), Vitamin B12: 0.12µg (1.94%), Vitamin D: 0.27µg (1.78%), Vitamin K: 1.65µg (1.57%)