

Pastel de Choclo

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup carrots thinly sliced
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 32 ounce regular corn fresh frozen thawed
- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 garlic cloves thinly sliced

- ☐ 1 cup onion thinly sliced
- ☐ 0.5 cup bell pepper red thinly sliced
- ☐ 1 teaspoon salt divided
- ☐ 0.5 pound chicken breast boneless skinless cut into bite-sized pieces
- ☐ 4 teaspoons sugar divided
- ☐ 0.5 cup milk whole

Equipment

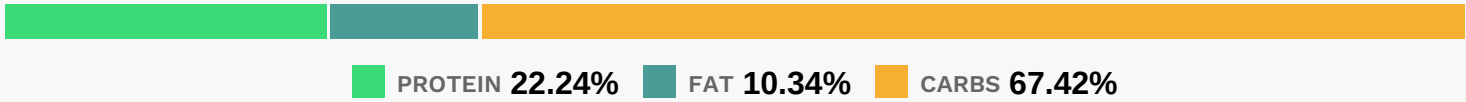
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine milk and corn in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Remove from heat; let stand, covered, 5 minutes.
- ☐ Place corn mixture in a food processor; process until smooth. Stir in basil, 1 teaspoon sugar, and 1/2 teaspoon salt.
- ☐ Combine broth, onion, bell pepper, carrot, black pepper, garlic, and bay leaves in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Add remaining 1/2 teaspoon salt, chicken, and parsley. Cover and cook 10 minutes or until chicken is done.
- ☐ Drain; discard bay leaves.
- ☐ Place chicken mixture in the bottom of an 8-inch square baking dish coated with cooking spray. Top with corn mixture; sprinkle evenly with remaining 1 tablespoon sugar.
- ☐ Bake at 400 for 25 minutes.

- ☐ Preheat broiler.
- ☐ Broil 3 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:94.48, Glycemic Load:5.08, Inflammation Score:-10, Nutrition Score:26.269130468369%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 353.92kcal (17.7%), Fat: 4.49g (6.92%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 65.94g (21.98%), Net Carbohydrates: 57.92g (21.06%), Sugar: 8.82g (9.8%), Cholesterol: 39.95mg (13.32%), Sodium: 917.05mg (39.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.52%), Vitamin A: 3557.54IU (71.15%), Vitamin C: 48.08mg (58.28%), Vitamin B3: 10.51mg (52.55%), Vitamin B6: 1mg (50.23%), Vitamin K: 40.57µg (38.64%), Phosphorus: 379.74mg (37.97%), Fiber: 8.03g (32.11%), Selenium: 22.27µg (31.82%), Potassium: 1110.41mg (31.73%), Folate: 116.64µg (29.16%), Manganese: 0.53mg (26.55%), Magnesium: 102mg (25.5%), Vitamin B1: 0.34mg (22.34%), Vitamin B2: 0.35mg (20.69%), Vitamin B5: 1.83mg (18.27%), Zinc: 2.26mg (15.05%), Iron: 2.27mg (12.59%), Copper: 0.18mg (9.1%), Calcium: 76.09mg (7.61%), Vitamin B12: 0.39µg (6.53%), Vitamin E: 0.56mg (3.71%), Vitamin D: 0.39µg (2.61%)