



Pastel de Choclo (Beef and Corn Shepherd's Pie)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup grilled chicken breast thinly sliced (see notes)
- ☐ 3 cups corn kernels fresh frozen canned thawed cooked drained (, , or)
- ☐ 2 cloves garlic minced peeled
- ☐ 1 teaspoon ground cumin
- ☐ 2 large hard-cooked eggs shelled
- ☐ 0.5 cup kalamata olives pitted halved
- ☐ 1 pound ground beef lean

- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion peeled chopped
- ☐ 2 teaspoons paprika
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup raisins
- ☐ 4 servings salt
- ☐ 0.8 cup whipping cream

Equipment

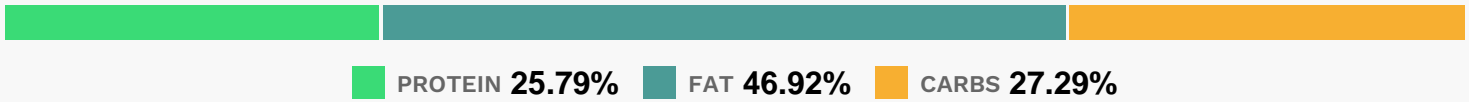
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 45
- ☐ In a 10- to 12-inch nonstick frying pan over high heat, combine beef and olive oil; break beef into chunks and stir often until no longer pink in center and liquid evaporates, 7 to 10 minutes.
- ☐ Meanwhile, in a small bowl, cover raisins with hot tap water and let stand until softened, about 5 minutes.
- ☐ Drain.
- ☐ With a slotted spoon, transfer beef to a bowl. To drippings, add onion and garlic. Stir often on high heat until onion is lightly browned, 6 to 8 minutes.
- ☐ Add raisins, olives, paprika, cumin, beef, and 3 tablespoons water; stir over medium heat to mingle flavors, 3 to 4 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Spoon mixture into 4 individual casseroles (2- to 2 1/2-cup size).

- ☐ Cut eggs in half lengthwise.
- ☐ Lay equal portions of chicken over beef, and push egg halves into casseroles, making mixture level.
- ☐ In a food processor, whirl corn, 1/2 teaspoon pepper, and cream until coarsely pured. Rinse and dry frying pan, then pour corn mixture into pan. Stirring on high heat, bring to bubbling, then reduce heat and, stirring often, simmer until darker yellow and drier, 5 to 7 minutes. Spoon corn mixture equally over beef, chicken, and eggs and spread level.
- ☐ Set casseroles on a baking sheet.
- ☐ Bake, uncovered, set on a rack positioned so tops are about 4 inches from broiler, until hot in center, 13 to 16 minutes. Turn heat to broil (heat may not come on right away) and brown crusts, 3 to 4 minutes more after broiler is hot.
- ☐ Wine Pairing: Chilean Cabernet Sauvignon or Merlot with dark cassis, plum, and black-olive flavors, such as Santa Rita Cabernet Sauvignon

Nutrition Facts



Properties

Glycemic Index:41.95, Glycemic Load:9.02, Inflammation Score:-8, Nutrition Score:27.220869789953%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Nutrients (% of daily need)

Calories: 617.15kcal (30.86%), Fat: 33.23g (51.12%), Saturated Fat: 15.14g (94.6%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 38.04g (13.83%), Sugar: 11.02g (12.24%), Cholesterol: 233.82mg (77.94%), Sodium: 617.75mg (26.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.09g (82.18%), Vitamin B3: 11.84mg (59.22%), Selenium: 36.72µg (52.46%), Vitamin B12: 2.97µg (49.47%), Phosphorus: 482.43mg (48.24%), Zinc: 7.1mg (47.33%), Vitamin B6: 0.88mg (44.09%), Vitamin B2: 0.55mg (32.16%), Potassium: 1100.16mg (31.43%), Vitamin A: 1562.1IU (31.24%), Iron: 5.13mg (28.53%), Magnesium: 94.96mg (23.74%), Vitamin B5: 2.32mg (23.16%), Fiber: 5.42g (21.7%), Vitamin B1: 0.32mg (21.1%), Manganese: 0.41mg (20.55%), Folate: 77.51µg (19.38%), Vitamin E: 2.59mg (17.3%), Vitamin C: 13.35mg (16.19%), Copper: 0.28mg (14.11%), Calcium: 95.65mg (9.56%), Vitamin D: 1.4µg (9.34%), Vitamin

K: 6.07μg (5.78%)