



WHATSheATE



Poblano Corn Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 8.3 ounce corn cream-style canned
- ☐ 2 cups corn kernels frozen
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup milk 1% low-fat
- ☐ 4 ounces cheddar cheese shredded with jalapeño peppers, (1 cup) reduced-fat
- ☐ 10 ounces poblano pepper

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup cornmeal yellow

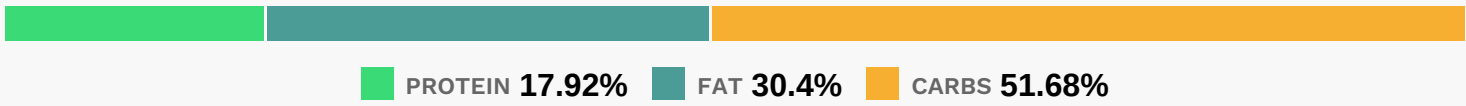
Equipment

- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ slow cooker

Directions

- ☐ Preheat broiler.
- ☐ Place poblano chiles on a foil-lined baking sheet. Broil 8 minutes or until blackened and charred, turning after 6 minutes.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 15 minutes. Peel and discard skins. Discard seeds and stems. Chop chiles.
- ☐ Coat an oval 3-quart electric slow cooker with cooking spray.
- ☐ Place milk and next 7 ingredients (through eggs) in slow cooker; stir with a whisk until blended. Stir in chiles, corn, and cheese. Cover and cook on LOW for 2 1/2 hours or until set.
- ☐ Remove lid. Cook on LOW for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:45.7, Glycemic Load:6.64, Inflammation Score:-5, Nutrition Score:8.602173867433%

Flavonoids

Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin:

0.78mg

Nutrients (% of daily need)

Calories: 174.56kcal (8.73%), Fat: 6.18g (9.51%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 21.31g (7.75%), Sugar: 7.55g (8.39%), Cholesterol: 57.74mg (19.25%), Sodium: 420.15mg (18.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.4%), Vitamin C: 30.35mg (36.78%), Phosphorus: 176.6mg (17.66%), Calcium: 121.24mg (12.12%), Folate: 47.96µg (11.99%), Selenium: 8.24µg (11.77%), Vitamin B2: 0.2mg (11.57%), Fiber: 2.35g (9.39%), Vitamin B6: 0.18mg (9.03%), Manganese: 0.17mg (8.67%), Vitamin A: 384.42IU (7.69%), Vitamin B1: 0.1mg (6.88%), Zinc: 1mg (6.67%), Potassium: 226.56mg (6.47%), Magnesium: 25.76mg (6.44%), Vitamin B3: 1.25mg (6.24%), Iron: 1.01mg (5.6%), Vitamin B5: 0.55mg (5.55%), Vitamin B12: 0.28µg (4.61%), Copper: 0.08mg (4.11%), Vitamin E: 0.43mg (2.89%), Vitamin K: 3.03µg (2.88%), Vitamin D: 0.43µg (2.84%)