



## Puffy Ham, Corn, and Cheese Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 tablespoon cream of tartar
- ☐ 3 ounces ham smoked diced
- ☐ 2 teaspoons breadcrumbs dry
- ☐ 4 large egg whites
- ☐ 2 large egg yolks
- ☐ 0.8 cup milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups corn kernels fresh ( 2 large ears)
- ☐ 0.3 cup green onions thinly sliced

- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat

## Equipment

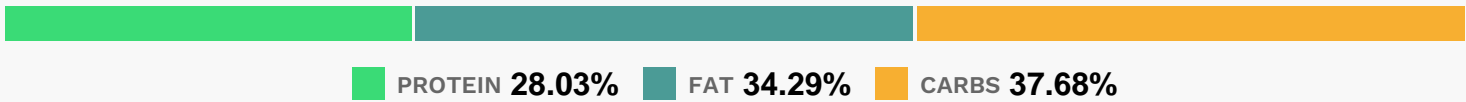
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 32
- ☐ Coat a 1 1/2-quart souffl dish with cooking spray; sprinkle with breadcrumbs.
- ☐ Heat a large nonstick skillet coated with cooking spray.
- ☐ Place over medium-high heat.
- ☐ Add corn and green onions; saut 5 minutes or until tender.
- ☐ Remove from heat, and stir in ham; set aside.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a small saucepan. Gradually add milk, stirring with a wire whisk until blended. Cook over medium heat 3 minutes or until thickened, stirring constantly.
- ☐ Remove from heat; stir in cheese and pepper.
- ☐ Beat egg yolks in a medium bowl with mixer at high speed until thick and pale (about 5 minutes). Gradually add hot milk mixture to egg yolks, stirring constantly. Stir in corn mixture; set aside.
- ☐ Beat egg whites (at room temperature) and cream of tartar in a large bowl with mixer at high speed until stiff peaks form. Gently stir one-fourth of egg white mixture into corn mixture. Gently fold in remaining egg white mixture.

- ☐ Pour mixture into prepared souffl dish.
- ☐ Bake at 325 for 1 hour or until puffed and golden.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:49.81, Glycemic Load:5.29, Inflammation Score:-6, Nutrition Score:12.0630434907%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 226.01kcal (11.3%), Fat: 8.83g (13.59%), Saturated Fat: 4.02g (25.15%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 20.23g (7.36%), Sugar: 6.36g (7.07%), Cholesterol: 117.56mg (39.19%), Sodium: 446.48mg (19.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.24g (32.48%), Selenium: 19.58µg (27.97%), Phosphorus: 263.74mg (26.37%), Vitamin B2: 0.39mg (23.1%), Potassium: 695.29mg (19.87%), Calcium: 186.68mg (18.67%), Vitamin K: 18µg (17.15%), Folate: 61.3µg (15.32%), Vitamin B1: 0.21mg (13.76%), Vitamin A: 595.09IU (11.9%), Zinc: 1.68mg (11.2%), Magnesium: 44.15mg (11.04%), Vitamin B12: 0.62µg (10.26%), Vitamin B5: 0.98mg (9.75%), Manganese: 0.18mg (9.09%), Vitamin B3: 1.64mg (8.21%), Iron: 1.45mg (8.07%), Vitamin D: 1.05µg (7%), Vitamin B6: 0.13mg (6.56%), Vitamin C: 5.36mg (6.5%), Fiber: 1.6g (6.39%), Copper: 0.12mg (6.25%), Vitamin E: 0.45mg (3.02%)