



WHATSheATE

Rich Mexican Corn



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 8 ounce cream cheese
- ☐ 16 ounce regular corn frozen
- ☐ 8 jalapeño peppers fresh diced
- ☐ 0.5 cup milk
- ☐ 1 bell pepper diced red

Equipment

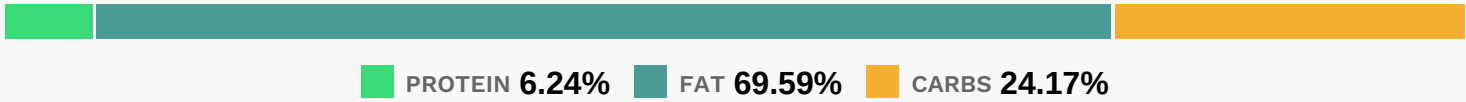
- ☐ sauce pan

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a saucepan over medium-low heat, melt the cream cheese and butter, and mix with the milk until smooth and bubbly.
- ☐ In a medium casserole dish, mix the frozen corn, red bell pepper, and jalapeno peppers.
- ☐ Pour in the cream cheese mixture, and toss to coat.
- ☐ Bake 35 to 45 minutes in the preheated oven, until bubbly and lightly brown.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:8.765217402707%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 273.59kcal (13.68%), Fat: 22.28g (34.28%), Saturated Fat: 13.39g (83.7%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 15.12g (5.5%), Sugar: 3.01g (3.34%), Cholesterol: 60.97mg (20.32%), Sodium: 189.89mg (8.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Vitamin C: 39.73mg (48.15%), Vitamin A: 1378.91IU (27.58%), Vitamin B6: 0.23mg (11.45%), Phosphorus: 105.98mg (10.6%), Vitamin B2: 0.16mg (9.61%), Fiber: 2.29g (9.17%), Folate: 36.28µg (9.07%), Vitamin E: 1.32mg (8.78%), Potassium: 296.5mg (8.47%), Magnesium: 26.69mg (6.67%), Vitamin B3: 1.33mg (6.63%), Manganese: 0.12mg (6.18%), Vitamin B1: 0.09mg (5.85%), Calcium: 54.65mg (5.47%), Vitamin B5: 0.49mg (4.91%), Selenium: 3.39µg (4.85%), Vitamin K: 4.95µg (4.72%), Zinc: 0.67mg (4.47%), Iron: 0.52mg (2.88%), Vitamin B12: 0.17µg (2.81%), Copper: 0.04mg (2.16%), Vitamin D: 0.17µg (1.12%)