



Roasted Fresh Corn, Poblano, and Cheddar Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 large eggs
- 2 large egg whites
- 2 tablespoons cilantro leaves fresh chopped
- 2 cups ears corn fresh (4 ears)
- 1 garlic clove minced
- 0.5 cup spring onion chopped
- 0.5 cup milk low-fat

- 13.8 ounce pizza dough refrigerated canned
- 2 poblano pepper
- 0.5 teaspoon salt
- 4 ounces sharp cheddar cheese shredded
- 2 tablespoons cream fat-free sour

Equipment

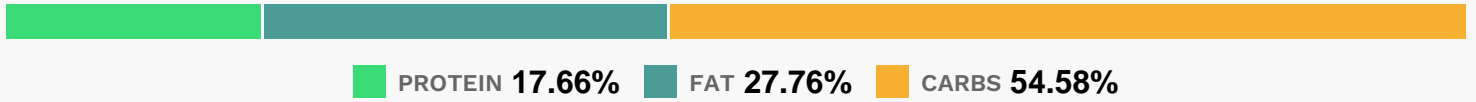
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- aluminum foil
- broiler
- ziploc bags

Directions

- Preheat broiler.
- Place poblano chiles on a foil-lined baking sheet; broil 10 minutes or until blackened and charred, turning occasionally.
- Place in a heavy-duty zip-top plastic bag; seal.
- Let stand 10 minutes. Peel and discard skins, seeds, and stems. Chop peppers.
- Lower oven temperature to 42
- n?|?ILarge nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add corn, green onions, and garlic; saut 2 minutes or until lightly browned. Stir in milk; cook over medium heat 2 minutes or until liquid almost evaporates. Cool slightly.
- Place egg whites, egg, salt, and black pepper in a bowl; stir with a whisk. Stir in poblano peppers, corn mixture, and cheese.

- Line a baking sheet with parchment paper. Unroll dough onto parchment paper; pat dough to form a 13 x 8-inch rectangle.
- Spread corn mixture over dough, leaving a 1-inch border. Fold 1 inch of dough over corn mixture.
- Bake at 425 for 12 minutes or until set.
- Serve with sour cream; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:11.335652123327%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 319.72kcal (15.99%), Fat: 10.19g (15.67%), Saturated Fat: 4.69g (29.3%), Carbohydrates: 45.06g (15.02%), Net Carbohydrates: 42.19g (15.34%), Sugar: 9.38g (10.43%), Cholesterol: 51.24mg (17.08%), Sodium: 842.16mg (36.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.16%), Vitamin C: 36.94mg (44.77%), Vitamin K: 21.39µg (20.37%), Phosphorus: 183.76mg (18.38%), Calcium: 181.25mg (18.13%), Selenium: 11.15µg (15.93%), Vitamin B2: 0.25mg (14.62%), Iron: 2.48mg (13.75%), Vitamin A: 612.85IU (12.26%), Fiber: 2.87g (11.48%), Folate: 38.87µg (9.72%), Vitamin B6: 0.19mg (9.29%), Potassium: 307.18mg (8.78%), Magnesium: 33.9mg (8.47%), Vitamin B1: 0.13mg (8.36%), Manganese: 0.17mg (8.33%), Zinc: 1.22mg (8.16%), Vitamin B5: 0.69mg (6.95%), Vitamin B12: 0.42µg (6.94%), Vitamin B3: 1.15mg (5.74%), Copper: 0.08mg (3.89%), Vitamin D: 0.5µg (3.31%), Vitamin E: 0.46mg (3.09%)