



Southwestern Corn-and-Pepper Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cumin seeds crushed
- ☐ 3 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 2.8 cups corn kernels fresh divided (4 ears)
- ☐ 1 cup bell pepper diced green
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 0.3 cup nonfat milk dry
- ☐ 1 teaspoon olive oil

- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup bell pepper diced red
- ☐ 0.8 teaspoon salt divided
- ☐ 1 ounce sharp cheddar cheese grated
- ☐ 0.8 cup skim milk

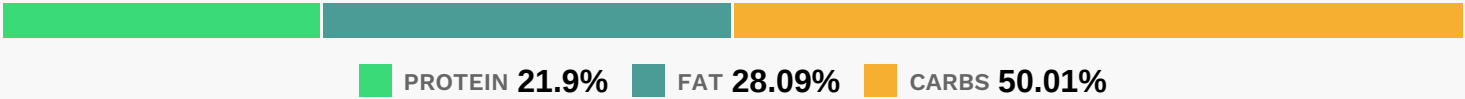
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 425
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion; saut 5 minutes or until tender.
- ☐ Add bell peppers, 1/4 teaspoon salt, and pepper; saut 5 minutes.
- ☐ Add 2 cups corn, jalapeo, and cumin; saut 5 minutes or until peppers are crisp-tender.
- ☐ Remove from heat, and stir in cheese. Spoon about 3/4 cup bell pepper mixture into each of 4 gratin dishes coated with cooking spray.
- ☐ Combine 3/4 cup corn, 1/2 teaspoon salt, milks, flour, and eggs in a blender; process until smooth.
- ☐ Pour about 1/2 cup egg mixture over vegetables in each dish.
- ☐ Place dishes on a baking sheet.
- ☐ Bake at 425 for 25 minutes or until golden.
- ☐ Note: This recipe can also be prepared in a 2-quart baking dish.
- ☐ Bake at 425

Nutrition Facts



Properties

Glycemic Index:68.31, Glycemic Load:3.36, Inflammation Score:-9, Nutrition Score:22.612173909726%

Flavonoids

Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.41mg, Quercetin: 9.41mg, Quercetin: 9.41mg, Quercetin: 9.41mg

Nutrients (% of daily need)

Calories: 264.52kcal (13.23%), Fat: 8.8g (13.53%), Saturated Fat: 3.14g (19.61%), Carbohydrates: 35.24g (11.75%), Net Carbohydrates: 30.78g (11.19%), Sugar: 17.1g (19%), Cholesterol: 149.47mg (49.82%), Sodium: 614.92mg (26.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.87%), Vitamin C: 96.81mg (117.35%), Vitamin A: 2110.56IU (42.21%), Phosphorus: 352.79mg (35.28%), Vitamin B2: 0.5mg (29.61%), Selenium: 18.02µg (25.75%), Calcium: 251mg (25.1%), Folate: 99.66µg (24.91%), Vitamin B6: 0.49mg (24.5%), Potassium: 772.48mg (22.07%), Vitamin B1: 0.31mg (20.62%), Vitamin B5: 1.99mg (19.9%), Manganese: 0.39mg (19.25%), Magnesium: 73.06mg (18.27%), Fiber: 4.47g (17.86%), Vitamin B12: 0.98µg (16.29%), Vitamin D: 2.12µg (14.15%), Vitamin B3: 2.74mg (13.72%), Zinc: 1.98mg (13.18%), Iron: 2.05mg (11.4%), Vitamin E: 1.68mg (11.23%), Vitamin K: 7.76µg (7.39%), Copper: 0.15mg (7.39%)