



Tangy Corn Casserole



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup cornmeal
- ☐ 2 eggs beaten
- ☐ 10 oz regular corn frozen thawed drained
- ☐ 0.5 cup bell pepper green sliced into strips
- ☐ 0.5 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 slices garnishes: tomato and pepper green sliced into rings

- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 0.8 teaspoons salt
- ☐ 1 cup cheddar cheese shredded divided
- ☐ 1 tomatoes chopped
- ☐ 0.5 cup water
- ☐ 1 cup baby squash yellow chopped

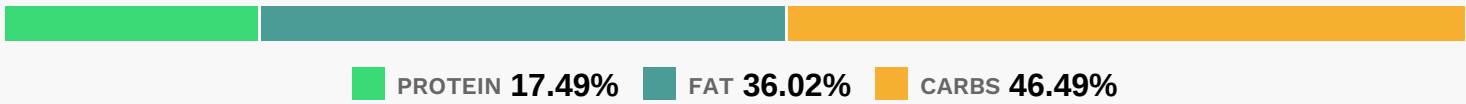
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ casserole dish

Directions

- ☐ In a medium saucepan, combine corn, onion, green pepper, and water. Bring to a boil; reduce heat to medium-low. Cover and simmer 5 minutes or until vegetables are crisp-tender. Do not drain.
- ☐ In a a large mixing bowl, combine squash, tomato, 3/4 cup cheese, cornmeal, milk, eggs, salt, pepper, and hot pepper sauce.
- ☐ Add corn mixture to cornmeal mixture; stir to blend.
- ☐ Pour into a greased 1 1/2-quart casserole dish.
- ☐ Bake, uncovered, at 350 for 45 to 50 minutes or until heated through. Top with remaining cheese, and, if desired, tomato slices and green pepper rings.

Nutrition Facts



Properties

Glycemic Index:38.81, Glycemic Load:6.66, Inflammation Score:-5, Nutrition Score:8.7726087777511%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 179.79kcal (8.99%), Fat: 7.48g (11.51%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 18.77g (6.83%), Sugar: 2.48g (2.76%), Cholesterol: 56.88mg (18.96%), Sodium: 340.06mg (14.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.36%), Vitamin C: 15.84mg (19.2%), Phosphorus: 177.26mg (17.73%), Calcium: 135.08mg (13.51%), Vitamin B6: 0.26mg (12.92%), Selenium: 8.82µg (12.61%), Vitamin B2: 0.21mg (12.13%), Fiber: 2.96g (11.85%), Manganese: 0.22mg (11.25%), Zinc: 1.49mg (9.91%), Magnesium: 39.14mg (9.79%), Folate: 36.57µg (9.14%), Vitamin A: 446.69IU (8.93%), Potassium: 309.18mg (8.83%), Vitamin B1: 0.12mg (7.8%), Vitamin B3: 1.19mg (5.96%), Iron: 1.01mg (5.63%), Vitamin B12: 0.33µg (5.5%), Vitamin B5: 0.53mg (5.28%), Copper: 0.09mg (4.73%), Vitamin D: 0.47µg (3.15%), Vitamin K: 3.18µg (3.03%), Vitamin E: 0.43mg (2.89%)