



Triple-Corn Squares with Bean Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 15 oz black beans rinsed drained canned
- ☐ 14.8 oz corn cream-style canned
- ☐ 11 oz corn kernels whole drained canned
- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 2 eggs
- ☐ 6 servings cilantro leaves fresh chopped
- ☐ 0.3 cup salsa (any variety)

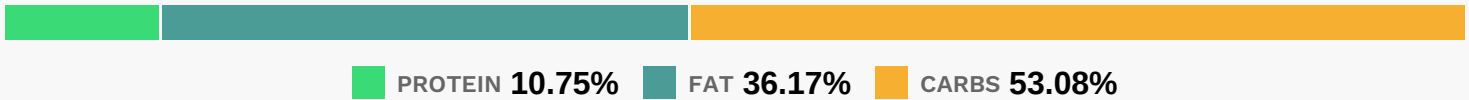
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 40
- ☐ Grease rectangular baking dish, 11x7x1 1/2 inches.
- ☐ Mix cream-style corn, whole kernel corn, muffin mix (dry), butter and eggs.
- ☐ Pour into baking dish.
- ☐ Bake uncovered about 30 minutes or until casserole springs back when touched lightly in center.
- ☐ During last 5 minutes of baking, cook beans and salsa in 1-quart saucepan over medium heat, stirring occasionally, until hot.
- ☐ Cut casserole into squares. Top with bean sauce; sprinkle with cilantro.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:13.305651954983%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 393.73kcal (19.69%), Fat: 16.45g (25.31%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 54.32g (18.11%), Net Carbohydrates: 45.3g (16.47%), Sugar: 11.41g (12.68%), Cholesterol: 55.17mg (18.39%), Sodium: 1046.07mg (45.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11g (22%), Fiber: 9.03g (36.1%), Phosphorus: 322.79mg (32.28%), Folate: 128.65µg (32.16%), Manganese: 0.39mg (19.47%), Vitamin B2: 0.33mg (19.31%), Vitamin B1: 0.28mg (18.57%), Iron: 2.84mg (15.77%), Vitamin A: 719.5IU (14.39%), Vitamin B3: 2.83mg (14.16%), Magnesium: 55.11mg

(13.78%), Potassium: 478.31mg (13.67%), Copper: 0.24mg (11.79%), Selenium: 7.87µg (11.24%), Vitamin B6: 0.19mg (9.65%), Zinc: 1.31mg (8.75%), Vitamin B5: 0.85mg (8.53%), Vitamin C: 5.96mg (7.22%), Calcium: 62.07mg (6.21%), Vitamin E: 0.87mg (5.79%), Vitamin B12: 0.17µg (2.85%), Vitamin K: 2.5µg (2.38%), Vitamin D: 0.29µg (1.96%)