



Triple-Corn Squares with Bean Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

Ingredients

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

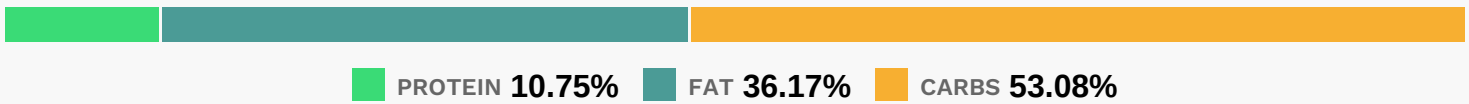
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400°. 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:13.282173944556%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 393.71kcal (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: 1046.03mg (45.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11g (21.99%), Fiber: 9.02g (36.09%), Phosphorus: 322.75mg (32.27%), Folate: 128.6µg (32.15%), Manganese: 0.39mg (19.45%), Vitamin B2: 0.33mg (19.3%), Vitamin B1: 0.28mg (18.57%), Iron: 2.84mg (15.76%), Vitamin A: 713.87IU (14.28%), Vitamin B3: 2.83mg (14.15%), Magnesium: 55.09mg (13.77%), Potassium: 477.88mg (13.65%), Copper: 0.24mg (11.78%), Selenium: 7.86µg (11.24%), Vitamin B6:

0.19mg (9.65%), Zinc: 1.31mg (8.74%), Vitamin B5: 0.85mg (8.52%), Vitamin C: 5.94mg (7.2%), Calcium: 62.01mg (6.2%), Vitamin E: 0.87mg (5.78%), Vitamin B12: 0.17µg (2.85%), Vitamin K: 2.24µg (2.13%), Vitamin D: 0.29µg (1.96%)