

# Sweet Corn Egg Bake

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## **Servings: 15**

*2 tablespoons olive oil  
3 cups baby spinach leaves, stems removed  
2 shallots, thinly sliced  
1 clove garlic, peeled and minced  
12 eggs  
1 cup milk  
1 1/2 cups (6 ounces) sharp white cheddar cheese, shredded  
3/4 cup fresh sweet corn kernels  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper*

## **Preparation Time: 25 minutes**

### **Bake: 30 minutes**

Preheat the oven to 375 degrees.

Lightly grease a three-quart rectangular baking dish. Set aside.

In a large skillet over medium-high heat, add the olive oil. Cook the spinach, shallots and garlic in the hot oil for 2 to 3 minutes or until the spinach is wilted and the shallots and garlic are fragrant. Remove from the heat.

In a large bowl, combine the eggs and milk and whisk until well-combined and the eggs are fully beaten together. Add in one cup of the cheese, corn, salt and ground black pepper, along with the spinach mixture. Stir until combined. Pour into the prepared baking dish. (If making in advance, refrigerate until ready to bake.)

When ready, bake about 30 minutes or until the egg mixture is just set.

Remove from the oven and sprinkle with the remaining one-half cup of cheese.

Let stand for 15 minutes.

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Per Serving (excluding unknown items): 86 Calories; 6g Fat (67.0% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber; 172mg Cholesterol; 135mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

Breakfast, Side Dishes

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	86	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	67.0%	<b>Vitamin B12 (mcg):</b>	.6mcg
<b>% Calories from Carbohydrates:</b>	6.5%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	26.5%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	6g	<b>Folacin (mcg):</b>	20mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	3g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	172mg	<b>% Refused:</b>	n.n%
<b>Carbohydrate (g):</b>	1g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	6g	<b>Lean Meat:</b>	1/2
<b>Sodium (mg):</b>	135mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	84mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	42mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	1
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	trace		
<b>Vitamin A (i.u.):</b>	382IU		
<b>Vitamin A (r.e.):</b>	79RE		

**Nutrition Facts**

Servings per Recipe: 15

**Amount Per Serving**

**Calories** 86 **Calories from Fat:** 58

**% Daily Values\***

<b>Total Fat</b> 6g	10%
Saturated Fat 2g	9%
<b>Cholesterol</b> 172mg	57%
<b>Sodium</b> 135mg	6%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	0%
<b>Protein</b> 6g	
<b>Vitamin A</b>	8%
<b>Vitamin C</b>	1%
<b>Calcium</b>	4%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.