



WHATSheATE



Awesome and Easy Creamy Corn Casserole

 Popular

READY IN



50 min.

SERVINGS



8

CALORIES



377 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 8.5 ounce corn bread mix dry
- ☐ 14.8 ounce corn canned
- ☐ 2 eggs beaten
- ☐ 1 cup heavy whipping cream sour
- ☐ 15 ounce kernel corn whole drained canned

Equipment

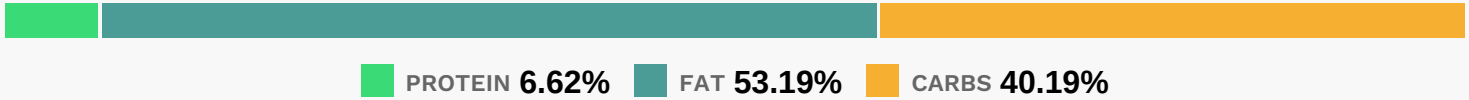
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C), and lightly grease a 9x9 inch baking dish.
- ☐ In a medium bowl, combine butter, eggs, corn bread mix, whole and creamed corn and sour cream. Spoon mixture into prepared dish.
- ☐ Bake for 45 minutes in the preheated oven, or until the top is golden brown.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:7.7982608650042%

Nutrients (% of daily need)

Calories: 377.26kcal (18.86%), Fat: 22.78g (35.05%), Saturated Fat: 11.62g (72.64%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 36.15g (13.15%), Sugar: 8.84g (9.83%), Cholesterol: 88.99mg (29.66%), Sodium: 584.92mg (25.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.77%), Phosphorus: 242.78mg (24.28%), Folate: 73.22µg (18.31%), Vitamin A: 666.38IU (13.33%), Vitamin B2: 0.22mg (13%), Vitamin B1: 0.16mg (10.67%), Fiber: 2.59g (10.34%), Vitamin B3: 1.96mg (9.82%), Selenium: 6.48µg (9.25%), Manganese: 0.17mg (8.32%), Iron: 1.28mg (7.13%), Magnesium: 26.44mg (6.61%), Potassium: 220.26mg (6.29%), Calcium: 58.4mg (5.84%), Zinc: 0.85mg (5.65%), Vitamin B5: 0.52mg (5.2%), Vitamin B6: 0.1mg (5.12%), Vitamin E: 0.64mg (4.26%), Copper: 0.08mg (4.12%), Vitamin C: 3.34mg (4.04%), Vitamin B12: 0.21µg (3.49%), Vitamin K: 2.96µg (2.82%), Vitamin D: 0.22µg (1.47%)