

Baked Corn

READY IN



45 min.

SERVINGS



12

CALORIES



336 kcal

SIDE DISH

Ingredients

- 1 cup butter melted
- 14.8 ounce corn cream-style canned
- 12 ounce corn muffin mix
- 2 eggs
- 0.5 cup cream sour
- 15.3 ounce corn whole canned

Equipment

- oven

baking pan

Directions

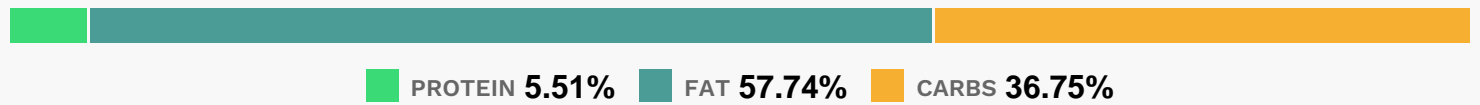
Preheat oven to 350 degrees F (175 degrees C).

Combine the whole-kernel corn, cream-style corn, sour cream, melted butter or margarine, beaten eggs and corn muffin mix.

Mix well and pour into one 9x13 inch baking pan.

Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:6.2800000128539%

Nutrients (% of daily need)

Calories: 335.72kcal (16.79%), Fat: 21.9g (33.7%), Saturated Fat: 5.33g (33.34%), Carbohydrates: 31.37g (10.46%), Net Carbohydrates: 29.11g (10.58%), Sugar: 7.25g (8.05%), Cholesterol: 33.5mg (11.17%), Sodium: 573.06mg (24.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.41%), Phosphorus: 197.33mg (19.73%), Vitamin A: 834.34IU (16.69%), Folate: 56.01µg (14%), Vitamin B1: 0.14mg (9.44%), Vitamin B2: 0.16mg (9.27%), Fiber: 2.26g (9.04%), Vitamin B3: 1.58mg (7.91%), Manganese: 0.14mg (6.81%), Selenium: 4.33µg (6.19%), Iron: 1.06mg (5.86%), Vitamin E: 0.77mg (5.13%), Magnesium: 19.1mg (4.77%), Potassium: 150.57mg (4.3%), Zinc: 0.57mg (3.82%), Vitamin B6: 0.08mg (3.82%), Calcium: 37.39mg (3.74%), Vitamin B5: 0.36mg (3.59%), Copper: 0.06mg (3.02%), Vitamin C: 2.19mg (2.66%), Vitamin B12: 0.13µg (2.16%), Vitamin K: 1.58µg (1.51%)