



Baked Corn Casserole

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter softened
- 4 ounce chile peppers green chopped canned
- 6 ounce cream cheese softened
- 15.3 ounce corn canned
- 2.8 ounce french-fried onions divided
- 0.5 cup onion chopped
- 1 teaspoon vegetable oil
- 15.3 ounce kernel corn whole drained canned

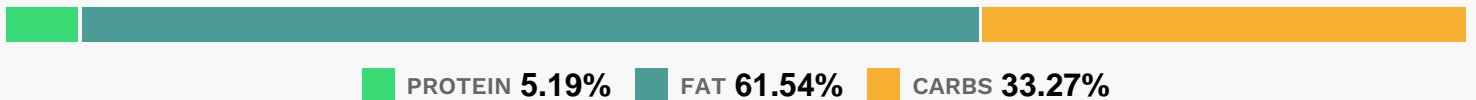
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking dish.
- Heat oil in a small skillet over medium heat.
- Saute onion until translucent.
- In a large bowl combine butter and cream cheese. Stir in whole kernel corn, creamed corn, chile peppers, and onions.
- Pour into prepared dish.
- Bake in preheated oven for 15 minutes.
- Remove from oven and stir in half of the fried onions; sprinkle remaining onions on top.
- Bake 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.53, Inflammation Score:-5, Nutrition Score:4.4017391360324%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 278.14kcal (13.91%), Fat: 19.5g (30%), Saturated Fat: 10.25g (64.08%), Carbohydrates: 23.72g (7.91%), Net Carbohydrates: 22.66g (8.24%), Sugar: 2.97g (3.3%), Cholesterol: 36.73mg (12.24%), Sodium: 480.84mg (20.91%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Folate: 50.59µg (12.65%), Vitamin C: 8.72mg (10.57%), Vitamin A: 520.87IU (10.42%), Phosphorus: 78.63mg (7.86%), Vitamin B2: 0.09mg (5.59%), Potassium: 195.49mg (5.59%), Vitamin B3: 1.06mg (5.32%), Magnesium: 18.75mg (4.69%), Fiber: 1.06g (4.24%), Manganese: 0.08mg (4.11%), Zinc: 0.58mg (3.87%), Vitamin B6: 0.08mg (3.76%), Calcium: 32.43mg (3.24%), Selenium: 2.21µg (3.15%), Iron: 0.56mg (3.1%), Vitamin E: 0.43mg (2.89%), Copper: 0.05mg (2.63%), Vitamin B5: 0.25mg (2.5%), Vitamin B1: 0.03mg (2.16%), Vitamin K: 2.02µg (1.92%)