



WHATSheATE



Baked Corn Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



393 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounces cream of chicken soup fat free 98% canned (Regular or)
- ☐ 8 ounces corn muffin mix
- ☐ 2 eggs
- ☐ 2.8 ounces fried onions french canned ()
- ☐ 0.5 cup milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 16 ounces corn whole drained canned

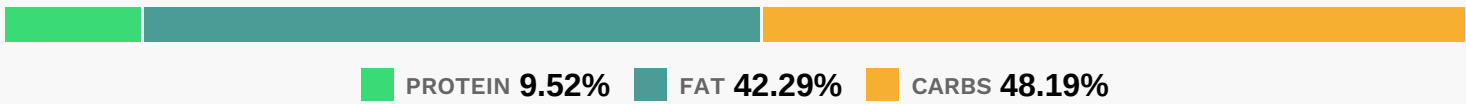
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Beat the soup, milk and eggs in a medium bowl with a fork or whisk. Stir in the corn, corn muffin mix, cheese, and 2/3 cup onions.
- ☐ Pour the soup mixture into a 1 1/2-quart casserole.
- ☐ Bake at 350°F. for 30 minutes or until the mixture is hot.
- ☐ Top with the remaining onions.
- ☐ Bake for 5 minutes or until the onions are golden brown.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:1.92, Inflammation Score:-4, Nutrition Score:8.6778260780417%

Nutrients (% of daily need)

Calories: 393.06kcal (19.65%), Fat: 18.27g (28.1%), Saturated Fat: 6.43g (40.19%), Carbohydrates: 46.83g (15.61%), Net Carbohydrates: 44.38g (16.14%), Sugar: 9g (10%), Cholesterol: 65.44mg (21.81%), Sodium: 1000.29mg (43.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.5%), Phosphorus: 307.57mg (30.76%), Folate: 65.24µg (16.31%), Vitamin B2: 0.25mg (14.53%), Selenium: 9.43µg (13.47%), Vitamin B1: 0.2mg (13.18%), Iron: 1.93mg (10.7%), Vitamin B3: 2.09mg (10.44%), Manganese: 0.2mg (10.22%), Calcium: 100.23mg (10.02%), Fiber: 2.46g (9.83%), Zinc: 1.03mg (6.85%), Copper: 0.13mg (6.65%), Magnesium: 25.08mg (6.27%), Potassium: 213.7mg (6.11%), Vitamin B5: 0.59mg (5.93%), Vitamin A: 284.09IU (5.68%), Vitamin B12: 0.33µg (5.51%), Vitamin B6: 0.09mg (4.45%), Vitamin K: 4.15µg (3.95%), Vitamin D: 0.54µg (3.59%), Vitamin E: 0.52mg (3.47%), Vitamin C: 1.37mg (1.67%)