

Baked Creamed Corn II

READY IN



35 min.

SERVINGS



8

CALORIES



289 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 0.5 cup buttery round crackers crushed
- 1 cube chicken bouillon
- 10 ounce corn kernels frozen thawed
- 8 ounce whipped cream cheese
- 0.1 teaspoon ground nutmeg
- 0.5 cup heavy cream
- 8 servings salt to taste
- 0.5 cup mozzarella cheese shredded

0.3 teaspoon pepper white

Equipment

sauce pan

oven

casserole dish

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease an 8x8 inch casserole dish.

In a saucepan over medium heat, melt the butter and cream cheese, and dissolve the chicken bouillon.

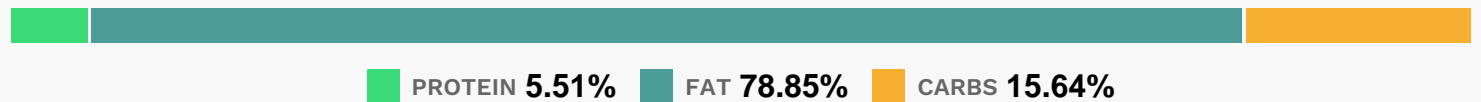
Mix in the corn. Season with pepper, nutmeg, and salt. Stir in the cream.

Transfer the mixture to the prepared casserole dish.

Sprinkle with cheese, and top with crackers.

Bake 20 minutes in the preheated oven, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:2, Inflammation Score:-5, Nutrition Score:4.1734782535097%

Nutrients (% of daily need)

Calories: 288.7kcal (14.44%), Fat: 26.06g (40.09%), Saturated Fat: 15.86g (99.09%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 10.81g (3.93%), Sugar: 4.67g (5.19%), Cholesterol: 74.39mg (24.8%), Sodium: 441.42mg (19.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin A: 830.7IU (16.61%), Phosphorus: 88.76mg (8.88%), Calcium: 84.39mg (8.44%), Vitamin B2: 0.11mg (6.62%), Vitamin E: 0.82mg (5.49%), Vitamin B12: 0.29µg (4.83%), Folate: 18.2µg (4.55%), Vitamin K: 4.04µg (3.85%), Selenium: 2.56µg (3.66%), Manganese: 0.07mg (3.36%), Zinc: 0.5mg (3.31%), Potassium: 115.97mg (3.31%), Fiber: 0.82g (3.27%), Vitamin B1: 0.05mg (3.07%), Vitamin B5: 0.29mg (2.9%), Vitamin B3: 0.58mg (2.9%), Magnesium: 11.28mg (2.82%), Vitamin D: 0.38µg (2.53%), Iron: 0.34mg (1.88%), Vitamin B6: 0.04mg (1.77%), Copper: 0.02mg (1.13%)