



Cheesy Chile Corn Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter melted
- 4.5 ounces chilis green chopped canned
- 10.8 ounces condensed cream of cheddar cheese soup canned
- 16 ounces corn whole frozen thawed
- 2.8 ounces fried onions french canned ()
- 1 dash ground pepper red
- 0.3 cup milk

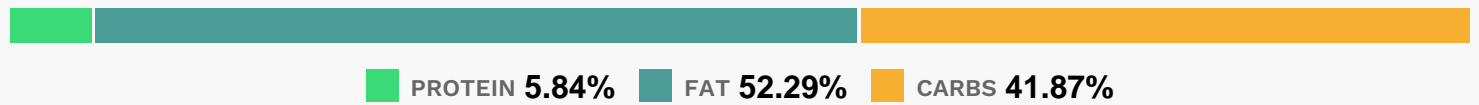
Equipment

oven

Directions

- Heat the oven to 350°F. Stir the soup, milk, butter, pepper, corn, chiles and 2/3 cup onions in a 1 1/2-quart casserole.
- Bake for 25 minutes or until the corn mixture is hot and bubbling. Stir the corn mixture.
- Sprinkle the remaining onions over the corn mixture.
- Bake for 5 minutes or until the onions are golden brown.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:2.9869565387135%

Nutrients (% of daily need)

Calories: 207.12kcal (10.36%), Fat: 11.84g (18.21%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 20.55g (7.47%), Sugar: 1.31g (1.46%), Cholesterol: 8.27mg (2.76%), Sodium: 602.87mg (26.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin C: 8.57mg (10.39%), Potassium: 357.45mg (10.21%), Folate: 33.49µg (8.37%), Vitamin A: 313.2IU (6.26%), Phosphorus: 44.21mg (4.42%), Calcium: 38.51mg (3.85%), Vitamin B3: 0.74mg (3.68%), Fiber: 0.77g (3.09%), Magnesium: 10.46mg (2.61%), Iron: 0.45mg (2.5%), Manganese: 0.04mg (2.15%), Vitamin B2: 0.03mg (1.92%), Zinc: 0.28mg (1.83%), Vitamin B6: 0.03mg (1.61%), Vitamin B1: 0.02mg (1.29%), Copper: 0.02mg (1.18%)