



Cheesy Corn

 **Gluten Free**

READY IN



60 min.

SERVINGS



15

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices bacon
- ☐ 1 cup butter cubed
- ☐ 22 ounce corn canned
- ☐ 2 cups processed cheese cubed
- ☐ 22 ounce kernel corn whole drained canned

Equipment

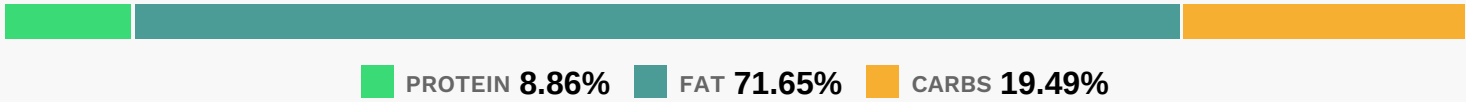
- ☐ frying pan
- ☐ oven

☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain and crumble.
- ☐ In a 9x13 inch casserole dish combine bacon, creamed corn, whole kernel corn, butter and processed cheese; mix well.
- ☐ Bake in preheated oven for 25 minutes; stir.
- ☐ Bake another 20 minutes, or until heated through and set.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:5.3765217843263%

Nutrients (% of daily need)

Calories: 275.16kcal (13.76%), Fat: 22.47g (34.57%), Saturated Fat: 12.44g (77.73%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 13.25g (4.82%), Sugar: 1.77g (1.97%), Cholesterol: 57.01mg (19%), Sodium: 643.78mg (27.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.51%), Calcium: 201.22mg (20.12%), Phosphorus: 174.21mg (17.42%), Vitamin A: 588.61IU (11.77%), Selenium: 5.86µg (8.37%), Folate: 31.88µg (7.97%), Zinc: 0.92mg (6.13%), Vitamin B12: 0.35µg (5.83%), Vitamin B3: 1.1mg (5.49%), Vitamin B2: 0.08mg (4.95%), Magnesium: 17.85mg (4.46%), Potassium: 149.64mg (4.28%), Vitamin E: 0.57mg (3.78%), Manganese: 0.06mg (3.01%), Vitamin B6: 0.06mg (3.01%), Vitamin B1: 0.04mg (2.94%), Vitamin C: 2.41mg (2.92%), Copper: 0.05mg (2.34%), Iron: 0.41mg (2.26%), Vitamin B5: 0.22mg (2.16%), Fiber: 0.5g (2%), Vitamin K: 1.54µg (1.47%)