



Cheesy Corn Bake

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 30 ounce kernel corn whole frozen thawed
- ☐ 3 ounce cream cheese cubed
- ☐ 3 ounces ham diced
- ☐ 4 teaspoons flour all-purpose
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.8 cup milk
- ☐ 6 ounces sharp cheddar cheese shredded

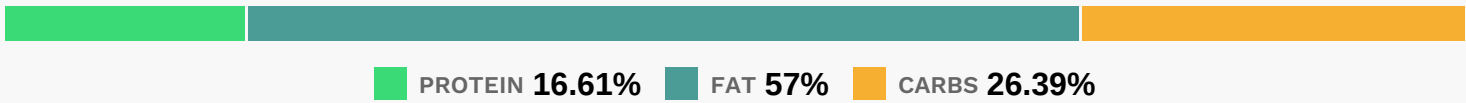
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Melt butter in a heavy saucepan over low heat; whisk in flour and garlic powder. Cook, whisking constantly, 1 minute. Gradually whisk in milk; cook over medium heat, whisking until thickened.
- ☐ Add cheeses; cook over low heat, stirring until melted. Stir in corn and ham.
- ☐ Pour into a greased 2-quart baking dish.
- ☐ Bake at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.26, Inflammation Score:-4, Nutrition Score:5.7082608416677%

Nutrients (% of daily need)

Calories: 256.7kcal (12.84%), Fat: 16.35g (25.15%), Saturated Fat: 7.47g (46.71%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 17g (6.18%), Sugar: 1.76g (1.96%), Cholesterol: 40.44mg (13.48%), Sodium: 526.05mg (22.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.43%), Calcium: 192.13mg (19.21%), Phosphorus: 177.53mg (17.75%), Selenium: 7.72µg (11.02%), Vitamin A: 518.07IU (10.36%), Vitamin B2: 0.17mg (10.12%), Folate: 38.14µg (9.53%), Zinc: 1.23mg (8.22%), Vitamin B12: 0.38µg (6.26%), Potassium: 191.14mg (5.46%), Magnesium: 21.5mg (5.37%), Vitamin B3: 0.93mg (4.67%), Manganese: 0.07mg (3.55%), Vitamin B1: 0.05mg (3.05%), Vitamin D: 0.38µg (2.53%), Vitamin E: 0.37mg (2.48%), Vitamin B5: 0.24mg (2.41%), Iron: 0.4mg (2.21%), Vitamin C: 1.81mg (2.2%), Copper: 0.04mg (2.19%), Vitamin B6: 0.04mg (1.81%)