



## Cheesy Corn Casserole

READY IN



55 min.

SERVINGS



12

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 11 ounce corn cream-style canned
- 8.5 ounce just-add-water cornbread mix dry
- 1 eggs
- 1 small onion diced
- 1 cup cheddar cheese shredded divided
- 8 ounce cream sour
- 11 ounce corn whole drained canned

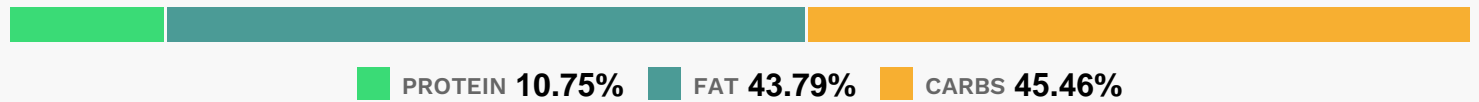
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- In a large bowl combine whole corn, cream-style corn, sour cream, egg, dry corn bread mix, onion and 3/4 cup of Cheddar cheese.
- Mix well and pour into prepared dish.
- Bake in preheated oven for 25 minutes.
- Remove from oven and sprinkle with remaining cheese.
- Bake for another 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:5.4208695733029%

## Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 205.3kcal (10.26%), Fat: 10.15g (15.62%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 23.72g (7.91%), Net Carbohydrates: 22g (8%), Sugar: 5.86g (6.51%), Cholesterol: 34.61mg (11.54%), Sodium: 347.13mg (15.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.21%), Phosphorus: 188.55mg (18.85%), Folate: 43.33µg (10.83%), Calcium: 101.81mg (10.18%), Vitamin B2: 0.16mg (9.64%), Selenium: 5.75µg (8.21%), Vitamin B1: 0.11mg (7.1%), Fiber: 1.72g (6.87%), Vitamin B3: 1.16mg (5.78%), Vitamin A: 274.34IU (5.49%), Manganese: 0.11mg (5.35%), Zinc: 0.79mg (5.27%), Magnesium: 17.55mg (4.39%), Iron: 0.76mg (4.24%), Potassium: 132.11mg (3.77%), Vitamin B6: 0.07mg (3.48%), Vitamin B12: 0.19µg (3.17%), Vitamin B5: 0.31mg (3.09%), Vitamin C: 2.13mg (2.58%), Copper: 0.05mg (2.5%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.55µg (1.47%)