



Classic Corn Casserole

 Vegetarian

READY IN



70 min.

SERVINGS



16

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter softened
- 1 Tbsp calumet baking powder
- 8 oz philadelphia chive & onion cream cheese spread
- 6 eggs
- 3 Tbsp flour
- 2 pkg regular corn frozen divided thawed (1 lb. each)
- 1 cup half-and-half
- 1 cup pasilla peppers mixed green red chopped

0.3 cup sugar

Equipment

food processor

frying pan

oven

toothpicks

Directions

Heat oven to 350F.

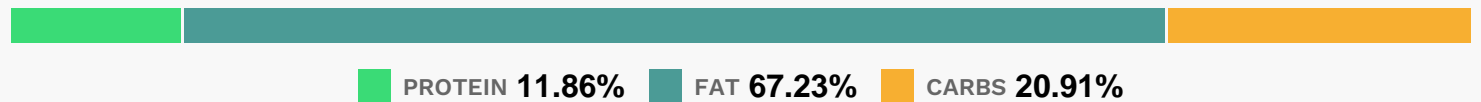
Reserve 1 cup corn. Process remaining corn with all remaining ingredients except peppers in food processor until blended.

Pour into 13x9-inch pan sprayed with cooking spray; stir in peppers and reserved corn.

Bake 50 to 55 min. or until toothpick inserted in center comes out clean.

Let stand 10 min. before serving.

Nutrition Facts



Properties

Glycemic Index:18.57, Glycemic Load:3.18, Inflammation Score:-3, Nutrition Score:3.4569565524226%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 123.53kcal (6.18%), Fat: 9.3g (14.3%), Saturated Fat: 5.39g (33.66%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 6.3g (2.29%), Sugar: 4.47g (4.97%), Cholesterol: 83.09mg (27.7%), Sodium: 201.08mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin C: 7.63mg (9.25%), Calcium: 88.53mg (8.85%), Selenium: 6.08µg (8.69%), Vitamin A: 400.4IU (8.01%), Vitamin B2: 0.12mg (6.84%), Phosphorus: 67.81mg (6.78%), Vitamin B5: 0.32mg (3.16%), Vitamin B12: 0.18µg (3.03%), Folate: 11.87µg (2.97%), Vitamin B6: 0.06mg (2.87%), Iron: 0.48mg (2.66%), Vitamin D: 0.33µg (2.2%), Vitamin E: 0.33mg (2.19%), Zinc: 0.3mg (1.99%), Vitamin B1:

0.03mg (1.85%), Potassium: 61.97mg (1.77%), Manganese: 0.03mg (1.31%), Magnesium: 5.05mg (1.26%), Vitamin K:
1.19µg (1.13%), Copper: 0.02mg (1.09%)