



Corn Broccoli Casserole

READY IN



80 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 slices bacon
- ☐ 10 ounce broccoli frozen thawed chopped
- ☐ 3 tablespoons butter cut in small pieces
- ☐ 14 ounce regular corn cream-style canned
- ☐ 1 eggs beaten
- ☐ 1 small onion chopped
- ☐ 0.3 cup saltines crushed

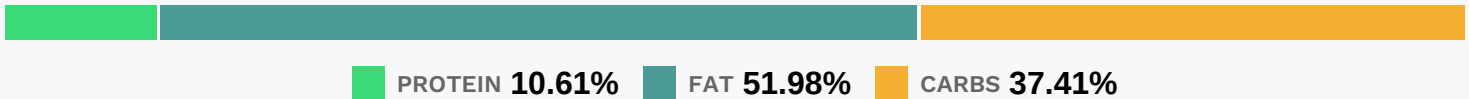
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8-inch square baking dish.
- ☐ Place bacon in a large skillet and cook over medium heat until just slightly cooked, about 5 minutes.
- ☐ Drain the bacon slices on paper towels and cut into pieces.
- ☐ Mix 3/4 cup crushed crackers, corn, broccoli, onion, egg, and butter in a bowl; spoon mixture into the prepared baking dish.
- ☐ Sprinkle with 1/4 cup crushed crackers; top with bacon. Cover dish with aluminum foil.
- ☐ Bake in the preheated oven for 30 minutes.
- ☐ Remove cover and continue baking until bacon is crisp and casserole is cooked through, about 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:16.247391208358%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 280.65kcal (14.03%), Fat: 17.18g (26.44%), Saturated Fat: 8.16g (51%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 24.38g (8.87%), Sugar: 5.26g (5.84%), Cholesterol: 74.39mg (24.79%), Sodium: 516.59mg (22.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.78%), Vitamin C: 68.58mg (83.13%), Vitamin K: 74.24µg (70.71%), Folate: 101.99µg (25.5%), Vitamin A: 843.26IU (16.87%), Phosphorus: 154.98mg (15.5%), Manganese: 0.28mg (14.02%), Fiber: 3.45g (13.81%), Vitamin B6: 0.27mg (13.71%), Selenium: 9.51µg (13.58%), Vitamin B2: 0.23mg (13.46%), Potassium: 439.49mg (12.56%), Vitamin B3: 2.38mg (11.92%), Vitamin B1: 0.16mg (10.89%), Magnesium: 38.02mg (9.5%), Vitamin B5: 0.9mg (8.99%), Zinc: 1.22mg (8.15%), Iron: 1.44mg (7.98%), Vitamin E: 1.11mg (7.37%), Copper: 0.11mg (5.7%), Calcium: 50.65mg (5.06%), Vitamin B12: 0.2µg (3.37%), Vitamin D: 0.29µg (1.91%)