



Corn Casserole

READY IN



68 min.

SERVINGS



8

CALORIES



361 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 stick butter melted
- 14.8 ounce regular corn cream-style canned
- 8 ounce corn muffin mix (recommended: Jiffy)
- 1 cups cheddar shredded
- 1 cup cup heavy whipping cream sour
- 15.3 ounce kernel corn whole drained canned

Equipment

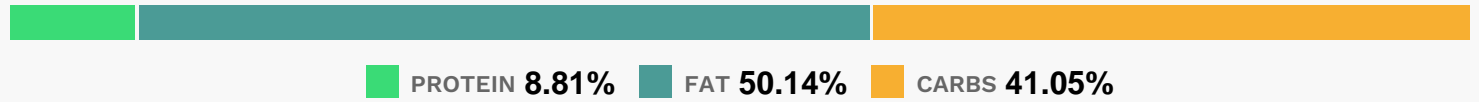
- bowl

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F.
- In a large bowl, stir together the 2 cans of corn, corn muffin mix, sour cream, and melted butter.
- Pour into a greased 9 by 13-inch casserole dish.
- Bake for 45 minutes, or until golden brown.
- Remove from oven and top with Cheddar. Return to oven for 5 to 10 minutes, or until cheese is melted.
- Let stand for at least 5 minutes and then serve warm.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:8.0830434742181%

Nutrients (% of daily need)

Calories: 361.32kcal (18.07%), Fat: 20.56g (31.63%), Saturated Fat: 10.27g (64.22%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 35.41g (12.88%), Sugar: 8.49g (9.43%), Cholesterol: 46.84mg (15.61%), Sodium: 602.83mg (26.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.25%), Phosphorus: 275.68mg (27.57%), Folate: 69.42µg (17.35%), Calcium: 149.4mg (14.94%), Vitamin B2: 0.23mg (13.29%), Vitamin A: 568.42IU (11.37%), Vitamin B1: 0.15mg (10.13%), Selenium: 6.93µg (9.9%), Fiber: 2.47g (9.88%), Vitamin B3: 1.91mg (9.54%), Zinc: 1.21mg (8.06%), Manganese: 0.16mg (7.98%), Magnesium: 28.46mg (7.12%), Potassium: 213.27mg (6.09%), Iron: 1.07mg (5.95%), Vitamin B6: 0.09mg (4.55%), Vitamin B12: 0.25µg (4.13%), Vitamin C: 3.35mg (4.06%), Vitamin B5: 0.39mg (3.93%), Copper: 0.08mg (3.89%), Vitamin E: 0.46mg (3.07%), Vitamin K: 2.68µg (2.55%)