

Corn Casserole

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



422 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce just-add-water cornbread mix dry
- 30.5 ounce corn canned
- 2 eggs beaten
- 1 cup butter melted
- 1 onion finely chopped
- 8 servings salt and pepper to taste

Equipment

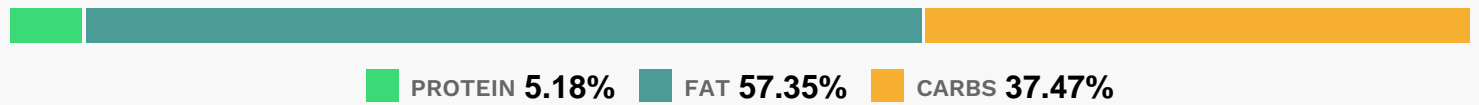
- oven

- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Melt margarine in a 9x13 inch baking dish.
- Add corn, eggs, corn bread mix, onion, salt and pepper and mix well.
- Cover dish with aluminum foil and bake in preheated oven for about 40 minutes, or until firm.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:8.571304316106%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 421.57kcal (21.08%), Fat: 27.81g (42.79%), Saturated Fat: 6.04g (37.72%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 37.51g (13.64%), Sugar: 9.88g (10.98%), Cholesterol: 41.49mg (13.83%), Sodium: 991.25mg (43.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Vitamin A: 1187.23IU (23.74%), Phosphorus: 226.04mg (22.6%), Folate: 80.91µg (20.23%), Fiber: 3.37g (13.49%), Vitamin B2: 0.2mg (11.7%), Vitamin B1: 0.16mg (10.7%), Vitamin B3: 2.02mg (10.08%), Manganese: 0.18mg (9.21%), Selenium: 5.47µg (7.81%), Vitamin E: 1.12mg (7.46%), Iron: 1.34mg (7.46%), Magnesium: 28.73mg (7.18%), Vitamin B6: 0.14mg (7.11%), Vitamin C: 5.53mg (6.71%), Potassium: 224.08mg (6.4%), Zinc: 0.9mg (6%), Vitamin B5: 0.54mg (5.4%), Copper: 0.09mg (4.69%), Calcium: 37.36mg (3.74%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.51µg (1.43%)