



Corn Casserole I

READY IN



70 min.

SERVINGS



6

CALORIES



363 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup butter cut into pieces
- ☐ 14.8 ounce regular corn cream style canned
- ☐ 1 cup seashell pasta uncooked
- ☐ 1 cup processed cheese cubed
- ☐ 15.3 ounce kernel corn whole with liquid canned

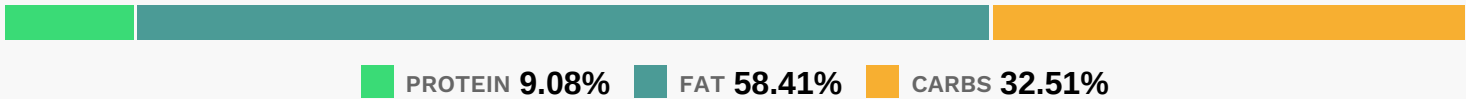
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium baking dish, mix the whole kernel corn, cream style corn, uncooked pasta, butter, and processed cheese.
- ☐ Bake, covered, for 30 minutes in the preheated oven.
- ☐ Remove cover, stir, and continue baking 30 minutes, or until the pasta is tender but firm.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:3.24, Inflammation Score:-5, Nutrition Score:7.9213042907093%

Nutrients (% of daily need)

Calories: 362.8kcal (18.14%), Fat: 24.23g (37.28%), Saturated Fat: 14.17g (88.55%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 29.18g (10.61%), Sugar: 3.06g (3.4%), Cholesterol: 64mg (21.33%), Sodium: 811.48mg (35.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.96%), Calcium: 254.01mg (25.4%), Phosphorus: 238.09mg (23.81%), Selenium: 11.5µg (16.43%), Vitamin A: 744.8IU (14.9%), Folate: 55.1µg (13.77%), Manganese: 0.19mg (9.45%), Zinc: 1.31mg (8.73%), Magnesium: 31.52mg (7.88%), Vitamin B3: 1.43mg (7.13%), Vitamin B2: 0.11mg (6.75%), Potassium: 234.61mg (6.7%), Vitamin B12: 0.38µg (6.37%), Vitamin C: 4.08mg (4.95%), Copper: 0.1mg (4.91%), Fiber: 1.16g (4.63%), Vitamin E: 0.69mg (4.57%), Iron: 0.7mg (3.91%), Vitamin B6: 0.07mg (3.56%), Vitamin B5: 0.28mg (2.83%), Vitamin B1: 0.04mg (2.73%), Vitamin K: 1.94µg (1.85%)