



Corn Casserole with Three Cheese Blend

READY IN



70 min.

SERVINGS



10

CALORIES



319 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 15 oz regular corn cream-style canned
- 8 oz three cheese shredded with a touch of philadelphia, divided kraft
- 10 oz kernel corn whole frozen
- 8.5 oz corn muffin mix
- 0.5 cup knudsen cream sour
- 2 eggs beaten
- 4 green onions sliced
- 0.1 tsp ground pepper red (cayenne)

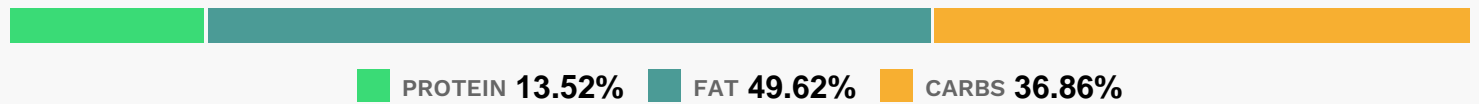
Equipment

- bowl
- oven

Directions

- Heat oven to 375F.
- Combine first 6 ingredients in medium bowl. Stir in 1/2 cup cheese.
- Pour into 2-qt. casserole sprayed with cooking spray.
- Bake 40 min. Meanwhile, combine remaining cheese, onions and bacon.
- Top casserole with cheese mixture; bake 15 min. or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:9.3082607621732%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 318.51kcal (15.93%), Fat: 17.81g (27.4%), Saturated Fat: 7.8g (48.74%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 27.55g (10.02%), Sugar: 6.89g (7.65%), Cholesterol: 68.49mg (22.83%), Sodium: 577.49mg (25.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Phosphorus: 295.7mg (29.57%), Calcium: 196.4mg (19.64%), Selenium: 12.86µg (18.38%), Vitamin B2: 0.26mg (15.47%), Folate: 61.6µg (15.4%), Vitamin K: 11.9µg (11.34%), Vitamin B1: 0.16mg (10.45%), Zinc: 1.55mg (10.33%), Vitamin A: 466.07IU (9.32%), Vitamin B3: 1.84mg (9.22%), Fiber: 2.21g (8.83%), Vitamin B12: 0.41µg (6.81%), Manganese: 0.14mg (6.79%), Magnesium: 26.51mg (6.63%), Iron: 1.13mg (6.3%), Vitamin B6: 0.12mg (5.99%), Potassium: 192.21mg (5.49%), Vitamin B5: 0.51mg (5.12%), Vitamin C: 3.27mg (3.97%), Copper: 0.08mg (3.75%), Vitamin E: 0.45mg (2.97%), Vitamin D: 0.35µg (2.32%)