



Corn Fritter Casserole

READY IN



45 min.

SERVINGS



9

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons butter softened
- ☐ 14.8 ounce regular corn cream-style canned
- ☐ 15.3 ounce whole-kernel corn drained canned
- ☐ 8.5 ounce corn muffin mix (such as Jiffy)
- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 3 large egg whites
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup bell pepper red finely chopped

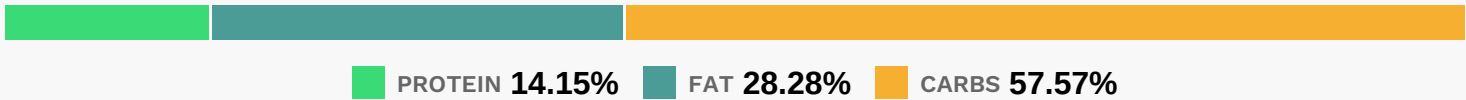
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 3 ingredients in a large bowl, stirring with a whisk until smooth. Stir in onion, bell pepper, whole-kernel corn, and cream-style corn; mix well.
- ☐ Add muffin mix and black pepper, stirring until well combined.
- ☐ Pour into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 375 for 50 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:9.1995652240256%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 249.04kcal (12.45%), Fat: 8.14g (12.52%), Saturated Fat: 3.55g (22.16%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 33.67g (12.24%), Sugar: 11.27g (12.52%), Cholesterol: 13.59mg (4.53%), Sodium: 664.35mg (28.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.33%), Phosphorus: 316.1mg (31.61%), Folate: 77.56µg (19.39%), Vitamin C: 13.95mg (16.91%), Vitamin B2: 0.27mg (15.67%), Fiber: 3.6g (14.39%), Calcium: 111.31mg (11.13%), Vitamin B1: 0.16mg (10.84%), Manganese: 0.2mg (10.2%), Vitamin B3: 1.98mg (9.92%), Vitamin A: 476.42IU (9.53%), Potassium: 276.21mg (7.89%), Selenium: 5.51µg (7.87%), Magnesium: 29.39mg (7.35%), Vitamin B5: 0.66mg (6.58%), Zinc: 0.97mg (6.5%), Vitamin B6: 0.13mg (6.48%), Iron: 1.09mg (6.07%), Vitamin B12: 0.28µg

(4.69%), Copper: 0.08mg (4%), Vitamin E: 0.37mg (2.43%), Vitamin K: 2.25µg (2.14%)