



Corn Spoonbread

READY IN



45 min.

SERVINGS



12

CALORIES



229 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 8 ounce regular corn cream-style canned
- 8.5 ounce corn muffin mix
- 2 large eggs
- 8 ounce cup heavy whipping cream sour
- 8 ounce kernel corn whole drained canned

Equipment

- oven

baking pan

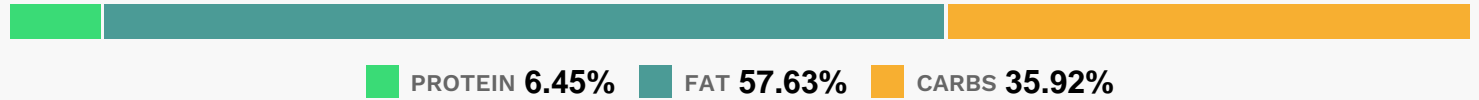
Directions

Stir together all ingredients, and pour into a greased 11- x 7-inch baking dish.

Bake at 350 for 35 minutes or until golden.

NOTE: For corn muffin mix, we used Jiffy.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.6873912707619%

Nutrients (% of daily need)

Calories: 228.88kcal (11.44%), Fat: 14.87g (22.88%), Saturated Fat: 4.42g (27.65%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 19.33g (7.03%), Sugar: 5.37g (5.97%), Cholesterol: 42.55mg (14.18%), Sodium: 351.08mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.49%), Phosphorus: 148.62mg (14.86%), Vitamin A: 538.15IU (10.76%), Folate: 37.43µg (9.36%), Vitamin B2: 0.14mg (8.28%), Vitamin B1: 0.1mg (6.75%), Selenium: 4.46µg (6.37%), Fiber: 1.53g (6.13%), Vitamin B3: 1.03mg (5.13%), Manganese: 0.09mg (4.56%), Iron: 0.77mg (4.3%), Calcium: 38.98mg (3.9%), Vitamin E: 0.5mg (3.32%), Magnesium: 13.28mg (3.32%), Vitamin B5: 0.33mg (3.3%), Potassium: 109.04mg (3.12%), Vitamin B6: 0.06mg (3.02%), Zinc: 0.44mg (2.92%), Vitamin B12: 0.14µg (2.36%), Copper: 0.04mg (2.11%), Vitamin C: 1.31mg (1.58%), Vitamin K: 1.31µg (1.25%), Vitamin D: 0.17µg (1.11%)