



Corn Surprise



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz regular corn canned
- ☐ 16 oz regular corn cream-style canned
- ☐ 8 oz shells uncooked
- ☐ 8 oz mexican-blend cheese shredded

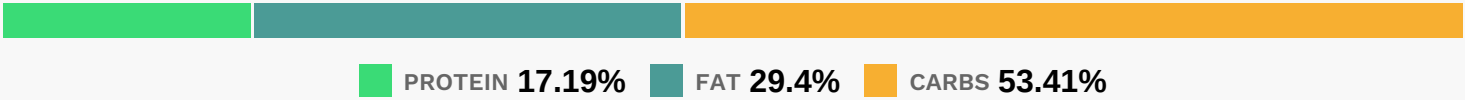
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine undrained corn and remaining ingredients in a bowl.
- ☐ Transfer to a greased 13"x9" baking pan.
- ☐ Bake, covered, at 350 degrees for 45 minutes, or until pasta is tender. As it bakes, stir casserole several times; uncover for the last 10 minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:11.35, Inflammation Score:-5, Nutrition Score:11.15086946021%

Nutrients (% of daily need)

Calories: 382.44kcal (19.12%), Fat: 12.67g (19.5%), Saturated Fat: 6.73g (42.09%), Carbohydrates: 51.8g (17.27%), Net Carbohydrates: 49.68g (18.07%), Sugar: 3.92g (4.35%), Cholesterol: 35.91mg (11.97%), Sodium: 544.55mg (23.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.67g (33.34%), Selenium: 29.86µg (42.66%), Phosphorus: 304.62mg (30.46%), Calcium: 260.72mg (26.07%), Manganese: 0.45mg (22.3%), Folate: 64.78µg (16.19%), Zinc: 2.27mg (15.13%), Magnesium: 50.13mg (12.53%), Vitamin B2: 0.19mg (11.39%), Vitamin B3: 1.96mg (9.82%), Copper: 0.18mg (9%), Potassium: 299.94mg (8.57%), Fiber: 2.12g (8.47%), Vitamin B12: 0.46µg (7.75%), Iron: 1.16mg (6.43%), Vitamin B6: 0.12mg (6.22%), Vitamin A: 305.04IU (6.1%), Vitamin C: 4.3mg (5.22%), Vitamin B1: 0.07mg (4.77%), Vitamin B5: 0.39mg (3.93%), Vitamin E: 0.19mg (1.26%), Vitamin D: 0.19µg (1.26%)