



## Cornbread Casserole

READY IN



40 min.

SERVINGS



15

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 14.8 ounce corn cream-style canned
- 8 ounce just-add-water cornbread mix dry
- 2 eggs
- 8 ounces cheddar cheese shredded
- 1 cup cream sour
- 15 ounce corn whole drained canned

### Equipment

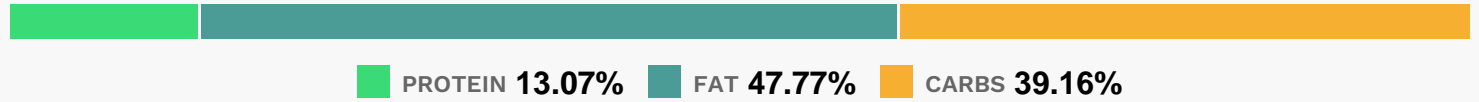
- frying pan

- oven
- mixing bowl
- baking pan

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x13 inch baking pan.
- In a large mixing bowl, combine corn, reserved liquid, eggs, corn bread mix and sour cream; stir until blended.
- Pour batter into prepared pan; sprinkle with cheese.
- Bake in preheated oven for 30 minutes, until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:1.8, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:5.6352173452792%

## Nutrients (% of daily need)

Calories: 204.69kcal (10.23%), Fat: 11.04g (16.99%), Saturated Fat: 5.18g (32.39%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 19.05g (6.93%), Sugar: 4.57g (5.08%), Cholesterol: 46.29mg (15.43%), Sodium: 354.46mg (15.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Phosphorus: 192.29mg (19.23%), Calcium: 135.69mg (13.57%), Selenium: 7.61µg (10.87%), Vitamin B2: 0.18mg (10.55%), Folate: 41.12µg (10.28%), Zinc: 0.99mg (6.63%), Vitamin A: 316.72IU (6.33%), Vitamin B1: 0.09mg (5.69%), Fiber: 1.32g (5.27%), Vitamin B3: 1.02mg (5.1%), Magnesium: 17.81mg (4.45%), Manganese: 0.09mg (4.37%), Vitamin B12: 0.26µg (4.3%), Iron: 0.68mg (3.8%), Potassium: 126.23mg (3.61%), Vitamin B5: 0.33mg (3.27%), Vitamin B6: 0.06mg (3.18%), Copper: 0.05mg (2.41%), Vitamin C: 1.78mg (2.16%), Vitamin E: 0.28mg (1.85%), Vitamin D: 0.21µg (1.39%), Vitamin K: 1.37µg (1.3%)