



Country Corn Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter divided
- 10 ounces condensed cream of cheddar cheese soup undiluted canned
- 16 ounces corn red frozen
- 0.3 cup milk
- 0.5 cup onion chopped
- 1.3 cups saltines crushed
- 0.3 cup water

Equipment

- sauce pan
- oven
- baking pan

Directions

- In a large saucepan over medium heat, bring vegetables and water to a boil. Reduce heat; cover and simmer for 5–6 minutes or until tender; drain. In another large saucepan over medium heat, saute the onion in 1 tablespoon butter until tender.
- Add soup and milk; stir until smooth.
- Add cracker crumbs and cooked vegetables.
- Spoon into a greased 8-in. square baking dish. Dot with remaining butter.
- Bake, uncovered, at 350° for 25–30 minutes or until golden.

Nutrition Facts

PROTEIN 8.97% **FAT 30.71%** **CARBS 60.32%**

Properties

Glycemic Index:14.38, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:5.3165216964224%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 166.71kcal (8.34%), Fat: 5.97g (9.19%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 24.03g (8.74%), Sugar: 1.51g (1.68%), Cholesterol: 9.86mg (3.29%), Sodium: 324.48mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Potassium: 371.48mg (10.61%), Folate: 40.32µg (10.08%), Manganese: 0.2mg (10.03%), Vitamin B1: 0.15mg (9.96%), Fiber: 2.37g (9.47%), Vitamin B3: 1.73mg (8.63%), Phosphorus: 72.67mg (7.27%), Vitamin B2: 0.12mg (7.12%), Vitamin B6: 0.13mg (6.41%), Iron: 1.06mg (5.87%), Vitamin C: 4.82mg (5.85%), Magnesium: 22.89mg (5.72%), Vitamin A: 245.21IU (4.9%), Zinc: 0.53mg (3.53%), Vitamin K: 3.27µg (3.12%), Calcium: 28.57mg (2.86%), Selenium: 1.89µg (2.69%), Vitamin B5: 0.27mg (2.66%), Copper: 0.05mg (2.51%), Vitamin E: 0.22mg (1.47%)