



Easy Cheesy Corn Casserole

READY IN



46 min.

SERVINGS



46

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz regular corn cream-style canned
- 8.5 oz corn muffin mix
- 4 oz philadelphia cream cheese softened ()
- 3 eggs beaten
- 0.8 cup milk
- 1 cup cheddar cheese shredded kraft
- 15 oz kernel corn whole drained canned

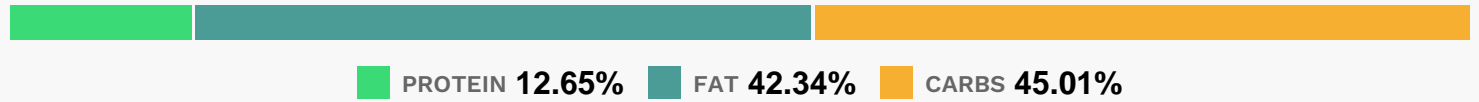
Equipment

- oven
- whisk
- baking pan

Directions

- Preheat oven to 375F.
- Whisk cream cheese and milk until smooth. Stir in remaining ingredients until well blended.
- Pour into 13x9-inch baking dish sprayed with cooking spray.
- Bake 34 to 36 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.7443478314773%

Nutrients (% of daily need)

Calories: 60.53kcal (3.03%), Fat: 2.89g (4.45%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.47g (2.35%), Sugar: 1.67g (1.85%), Cholesterol: 16.2mg (5.4%), Sodium: 111.39mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Phosphorus: 57.71mg (5.77%), Folate: 13.61µg (3.4%), Vitamin B2: 0.06mg (3.27%), Selenium: 2.19µg (3.13%), Calcium: 29.71mg (2.97%), Vitamin B1: 0.03mg (2.04%), Vitamin A: 92.53IU (1.85%), Fiber: 0.45g (1.81%), Zinc: 0.26mg (1.74%), Vitamin B3: 0.35mg (1.73%), Manganese: 0.03mg (1.47%), Magnesium: 5.55mg (1.39%), Vitamin B12: 0.08µg (1.39%), Iron: 0.24mg (1.35%), Potassium: 44.1mg (1.26%), Vitamin B5: 0.12mg (1.25%), Vitamin B6: 0.02mg (1.15%)