



Easy Corn Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter melted
- 8.8 ounce no-salt-added whole-kernel corn drained canned
- 8.5 ounce corn muffin mix
- 0.3 cup egg substitute
- 8.8 ounce no-salt-added corn cream-style canned
- 8 ounce carton yogurt plain fat-free

Equipment

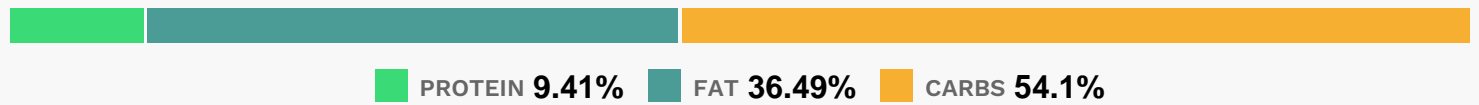
- bowl

- oven
- baking pan

Directions

- Preheat oven to 35
- Combine first 6 ingredients in a medium bowl; stir well.
- Pour into an 8-inch square baking dish coated with cooking spray.
- Bake at 350 for 45 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:6.9999999714934%

Nutrients (% of daily need)

Calories: 239.35kcal (11.97%), Fat: 9.99g (15.37%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 33.31g (11.1%), Net Carbohydrates: 30.36g (11.04%), Sugar: 10.84g (12.04%), Cholesterol: 16.42mg (5.47%), Sodium: 472.95mg (20.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.59%), Phosphorus: 228.98mg (22.9%), Folate: 57.63µg (14.41%), Vitamin B2: 0.22mg (13.16%), Fiber: 2.95g (11.8%), Vitamin B1: 0.17mg (11.37%), Selenium: 6.19µg (8.84%), Vitamin B3: 1.66mg (8.32%), Calcium: 82.62mg (8.26%), Manganese: 0.15mg (7.66%), Iron: 1.13mg (6.28%), Vitamin B5: 0.62mg (6.24%), Potassium: 206.49mg (5.9%), Magnesium: 23.18mg (5.8%), Vitamin A: 267.67IU (5.35%), Zinc: 0.79mg (5.27%), Vitamin B6: 0.09mg (4.74%), Vitamin B12: 0.24µg (3.96%), Copper: 0.06mg (2.89%), Vitamin E: 0.38mg (2.54%), Vitamin C: 2.09mg (2.53%), Vitamin K: 2.07µg (1.98%)