

Easy Corn Casserole



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 tablespoons butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 2 teaspoons chives fresh chopped
- ☐ 0.5 teaspoon onion salt
- ☐ 15.3 ounce kernel corn whole drained canned

Equipment

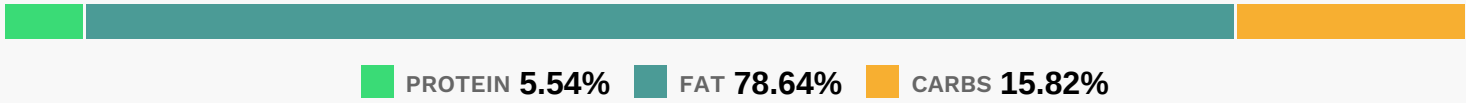
- ☐ oven
- ☐ mixing bowl

☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a small baking dish.
- ☐ Blend together the cream cheese and butter in a mixing bowl. Gently fold in the corn, chives, and onion salt, and turn the mixture into the prepared baking dish.
- ☐ Bake in the preheated oven, uncovered, until heated through and bubbly, about 40 minutes. Stir the casserole after the first 20 minutes.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.86, Inflammation Score:-7, Nutrition Score:5.1360869273219%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 429.15kcal (21.46%), Fat: 38.08g (58.59%), Saturated Fat: 22.48g (140.53%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 17.22g (6.26%), Sugar: 2.15g (2.39%), Cholesterol: 102.42mg (34.14%), Sodium: 779.94mg (33.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Vitamin A: 1308.02IU (26.16%), Phosphorus: 110.31mg (11.03%), Folate: 37.6µg (9.4%), Vitamin B2: 0.15mg (9.08%), Selenium: 5.09µg (7.27%), Vitamin E: 0.98mg (6.51%), Calcium: 62.84mg (6.28%), Potassium: 206.8mg (5.91%), Vitamin B3: 0.91mg (4.53%), Magnesium: 17.63mg (4.41%), Zinc: 0.61mg (4.06%), Vitamin K: 3.73µg (3.55%), Vitamin B5: 0.35mg (3.48%), Manganese: 0.07mg (3.47%), Vitamin B12: 0.16µg (2.67%), Vitamin C: 2.13mg (2.58%), Copper: 0.04mg (2.24%), Vitamin B1: 0.03mg (2.05%), Iron: 0.31mg (1.75%), Vitamin B6: 0.03mg (1.65%)