



Egg-Free Sweet Corn Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



395 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce regular corn cream-style del monte® canned (such as)
- 7.5 ounce corn bread mix jiffy® (such as)
- 0.3 cup butter melted
- 8 ounce cup heavy whipping cream sour
- 15.3 ounce kernel corn whole drained del monte® canned

Equipment

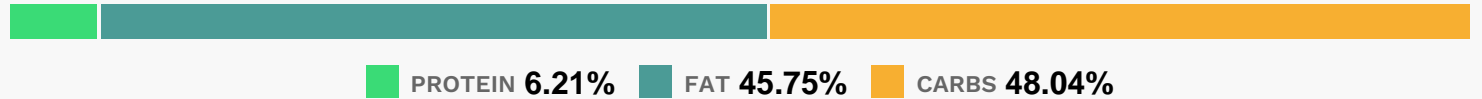
- bowl
- oven

- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Stir whole kernel corn, cream-style corn, and corn bread mix together in a large bowl.
- Pour melted margarine into the bowl; mix. Fold sour cream into the corn mixture until smooth.
- Pour into an 8-inch square baking dish.
- Bake in the preheated oven until the edges have browned and a toothpick inserted into the center comes out clean, 45 minutes to 1 hour. Cool in the pans for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:8.3039130438929%

Nutrients (% of daily need)

Calories: 395.32kcal (19.77%), Fat: 20.6g (31.69%), Saturated Fat: 6.7g (41.85%), Carbohydrates: 48.67g (16.22%), Net Carbohydrates: 45.52g (16.55%), Sugar: 10.79g (11.98%), Cholesterol: 23.01mg (7.67%), Sodium: 692.86mg (30.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Phosphorus: 269.88mg (26.99%), Folate: 86.69µg (21.67%), Vitamin A: 667.01IU (13.34%), Fiber: 3.15g (12.62%), Vitamin B1: 0.19mg (12.51%), Vitamin B2: 0.21mg (12.46%), Vitamin B3: 2.46mg (12.32%), Manganese: 0.2mg (10.22%), Magnesium: 32.54mg (8.14%), Potassium: 269.82mg (7.71%), Iron: 1.34mg (7.45%), Calcium: 64.78mg (6.48%), Zinc: 0.9mg (6.03%), Vitamin C: 4.53mg (5.49%), Vitamin B6: 0.11mg (5.32%), Selenium: 3.67µg (5.24%), Copper: 0.1mg (4.81%), Vitamin B5: 0.43mg (4.33%), Vitamin E: 0.54mg (3.62%), Vitamin K: 2.34µg (2.23%), Vitamin B12: 0.12µg (2.01%)