



Herbed Corn Bake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup cream cheese softened
- ☐ 1 tablespoon chives fresh chopped
- ☐ 10 oz regular corn frozen thawed
- ☐ 0.3 teaspoon onion salt

Equipment

- ☐ sauce pan
- ☐ oven

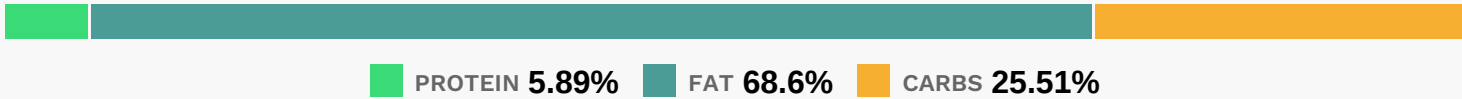
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casserole dish

Directions

- ☐ Melt butter in a heavy saucepan over low heat.
- ☐ Add cream cheese, onion salt and chives, stirring until cheese melts.
- ☐ Add corn; mix well. Spoon into an ungreased 1 1/2 quart casserole dish. Cover and bake at 325 degrees until bubbly, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:5.3682608811752%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 270.72kcal (13.54%), Fat: 21.83g (33.58%), Saturated Fat: 13.11g (81.94%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 16.26g (5.91%), Sugar: 1.09g (1.21%), Cholesterol: 59.16mg (19.72%), Sodium: 329.23mg (14.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Vitamin A: 771.1IU (15.42%), Phosphorus: 95.86mg (9.59%), Folate: 32.12µg (8.03%), Fiber: 2g (8.01%), Vitamin B2: 0.13mg (7.84%), Vitamin B6: 0.14mg (7.21%), Potassium: 251.48mg (7.19%), Vitamin C: 5.54mg (6.71%), Magnesium: 25.84mg (6.46%), Vitamin B3: 1.23mg (6.14%), Manganese: 0.12mg (5.91%), Vitamin B1: 0.08mg (5.39%), Selenium: 3.16µg (4.51%), Zinc: 0.66mg (4.37%), Vitamin B5: 0.39mg (3.87%), Vitamin E: 0.57mg (3.83%), Calcium: 34.54mg (3.45%), Vitamin K: 3.19µg (3.03%), Iron: 0.53mg (2.94%), Copper: 0.04mg (2.13%), Vitamin B12: 0.09µg (1.44%)