



Sweet Corn Casserole

READY IN



35 min.

SERVINGS



6

CALORIES



316 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter divided melted
- ☐ 2 sleeves buttery round crackers divided crushed ritz® (such as)
- ☐ 15 ounce regular corn cream-style canned
- ☐ 1 eggs
- ☐ 1 cup sugar
- ☐ 15.3 ounce kernel corn whole drained canned

Equipment

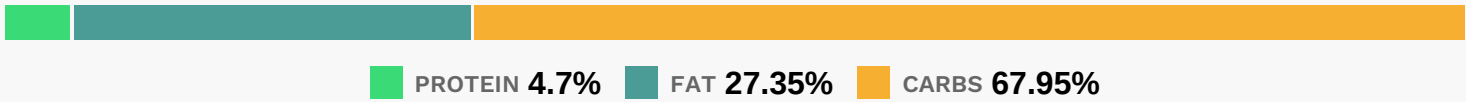
- ☐ oven

☐ casserole dish

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Stir whole kernel corn, cream-style corn, sugar, egg, and about 3/4 of the melted butter together in a casserole dish. Fold about half the crushed crackers into the corn mixture.
- ☐ Sprinkle remaining crushed crackers over the top of the mixture and drizzle with the remaining butter.
- ☐ Bake in preheated oven until beginning to brown, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:23.27, Inflammation Score:-3, Nutrition Score:4.1665218031925%

Nutrients (% of daily need)

Calories: 315.91kcal (15.8%), Fat: 10.03g (15.44%), Saturated Fat: 5.35g (33.43%), Carbohydrates: 56.1g (18.7%), Net Carbohydrates: 55.23g (20.08%), Sugar: 35.67g (39.63%), Cholesterol: 47.62mg (15.87%), Sodium: 382.81mg (16.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Folate: 55.82µg (13.96%), Phosphorus: 85.21mg (8.52%), Vitamin A: 328.41IU (6.57%), Vitamin B3: 1.3mg (6.5%), Vitamin B2: 0.09mg (5.53%), Potassium: 192.8mg (5.51%), Magnesium: 21.23mg (5.31%), Vitamin C: 4.13mg (5.01%), Manganese: 0.1mg (4.87%), Zinc: 0.69mg (4.6%), Selenium: 2.88µg (4.11%), Fiber: 0.87g (3.49%), Iron: 0.62mg (3.44%), Copper: 0.07mg (3.4%), Vitamin B6: 0.06mg (2.9%), Vitamin B5: 0.25mg (2.54%), Vitamin E: 0.38mg (2.54%), Vitamin B1: 0.04mg (2.38%), Vitamin B12: 0.08µg (1.36%), Calcium: 11.82mg (1.18%), Vitamin K: 1.18µg (1.13%)