



Sweet Onion Corn Bake

READY IN



60 min.

SERVINGS



15

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter cubed
- 14 ounces corn cream-style canned
- 8.5 ounces just-add-water cornbread mix
- 0.5 teaspoon optional: dill
- 1 eggs lightly beaten
- 0.5 cup milk
- 4 drops hot sauce hot
- 0.3 teaspoon salt
- 8 ounces cheddar cheese shredded divided

- 8 ounces cream sour
- 2 large onion sweet thinly sliced

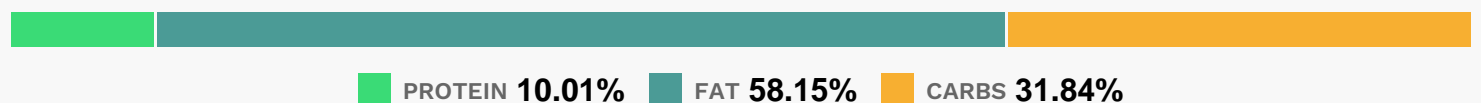
Equipment

- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer

Directions

- In a large skillet, saute onions in butter until tender. In a small bowl, combine the sour cream, milk, dill and salt until blended; stir in 1 cup of cheese. Stir into the onion mixture; remove from the heat and set aside.
- In a large bowl, combine the egg, corn, corn bread mix and hot pepper sauce.
- Pour into a greased 13-in. x 9-in. baking dish. Spoon onion mixture over top.
- Sprinkle with remaining cheese.
- Bake, uncovered, at 350° for 45–50 minutes or until a thermometer reaches 160°.
- Let stand for 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:6.4952173595843%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 255.31kcal (12.77%), Fat: 16.86g (25.93%), Saturated Fat: 9.08g (56.73%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 19.01g (6.91%), Sugar: 7.31g (8.13%), Cholesterol: 52.52mg (17.51%), Sodium: 409.13mg (17.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Phosphorus: 200.58mg (20.06%), Calcium: 154.46mg (15.45%), Vitamin B2: 0.19mg (10.94%), Folate: 42.18µg (10.54%), Selenium: 7.2µg (10.28%), Vitamin A: 502.99IU (10.06%), Vitamin B1: 0.11mg (7.11%), Fiber: 1.76g (7.04%), Zinc: 0.97mg (6.48%), Vitamin B6: 0.12mg (6.09%), Manganese: 0.11mg (5.34%), Magnesium: 19.42mg (4.85%), Vitamin B12: 0.29µg (4.82%), Vitamin B3: 0.89mg (4.43%), Potassium: 155.15mg (4.43%), Vitamin C: 3.56mg (4.31%), Iron: 0.71mg (3.92%), Vitamin B5: 0.37mg (3.65%), Copper: 0.06mg (3.11%), Vitamin E: 0.43mg (2.9%), Vitamin K: 2.09µg (1.99%), Vitamin D: 0.24µg (1.59%)