



Sweet White Corn Casserole

READY IN



75 min.

SERVINGS



12

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 14.8 ounce regular corn cream-style canned
- ☐ 15.3 ounce kernel corn sweet whole white undrained canned
- ☐ 8.5 ounce corn muffin mix dry jiffy® (such as)
- ☐ 2 eggs beaten
- ☐ 1 cup onion chopped
- ☐ 0.3 cup bell pepper red chopped

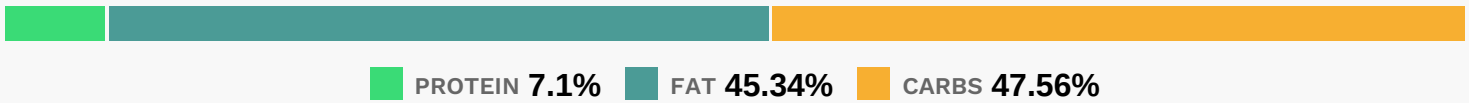
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine whole kernel corn, cream-style corn, muffin mix, onion, butter, eggs, and red bell pepper in a 2-quart casserole dish; stir.
- ☐ Bake in preheated oven until golden brown and the center is set, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:5.9478260745173%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 217.88kcal (10.89%), Fat: 11.43g (17.58%), Saturated Fat: 5.83g (36.44%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 24.21g (8.8%), Sugar: 7.58g (8.42%), Cholesterol: 48.02mg (16.01%), Sodium: 400.8mg (17.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Phosphorus: 154.27mg (15.43%), Folate: 55.16µg (13.79%), Fiber: 2.76g (11.03%), Vitamin C: 8.31mg (10.07%), Vitamin A: 470.91IU (9.42%), Vitamin B2: 0.15mg (8.76%), Vitamin B1: 0.12mg (7.95%), Manganese: 0.15mg (7.6%), Vitamin B3: 1.43mg (7.16%), Selenium: 3.9µg (5.57%), Vitamin B6: 0.1mg (5.09%), Iron: 0.91mg (5.04%), Magnesium: 18.33mg (4.58%), Potassium: 157.53mg (4.5%), Vitamin B5: 0.44mg (4.39%), Zinc: 0.55mg (3.67%), Vitamin E: 0.45mg (3.02%), Copper: 0.06mg (2.91%), Calcium: 23.31mg (2.33%), Vitamin K: 1.94µg (1.85%), Vitamin B12: 0.1µg (1.66%)