



Thanksgiving Corn Casserole

 Gluten Free

READY IN



85 min.

SERVINGS



12

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.3 cups buttermilk
- ☐ 14.8 ounce regular corn cream-style canned
- ☐ 1.5 cups cornmeal
- ☐ 4 eggs
- ☐ 8 ounce chilies green chopped canned
- ☐ 1 cup butter melted
- ☐ 2 onions chopped

- ☐ 3 cups cheddar cheese shredded divided
- ☐ 15.3 ounce kernel corn whole drained canned

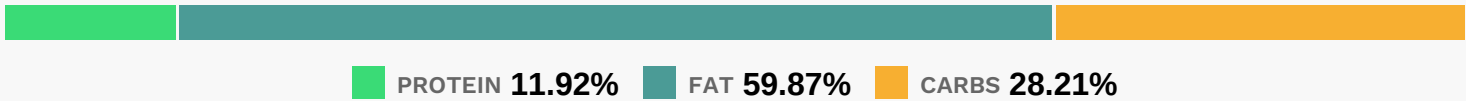
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat an oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking dish.
- ☐ Whisk together the cornmeal and baking soda in a small bowl; set aside. Beat the eggs in a mixing bowl; stir in the whole kernel corn, cream-style corn, buttermilk, melted margarine, green chiles, and onion. Stir in the cornmeal mixture and 2 cups of the Cheddar cheese until only slight lumps of cornmeal remain; pour into the prepared baking dish.
- ☐ Bake uncovered in the preheated oven until firmed and lightly browned, about 1 hour.
- ☐ Remove from the oven, and sprinkle with the remaining cheese; let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.79, Glycemic Load:9.59, Inflammation Score:-7, Nutrition Score:11.019130338793%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 428.25kcal (21.41%), Fat: 28.9g (44.47%), Saturated Fat: 9.83g (61.46%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 27.42g (9.97%), Sugar: 4.21g (4.68%), Cholesterol: 85.56mg (28.52%), Sodium: 715.55mg

(31.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.91%), Phosphorus: 266.6mg (26.66%), Calcium: 249.54mg (24.95%), Vitamin A: 1106.32IU (22.13%), Selenium: 14.85µg (21.21%), Vitamin B2: 0.29mg (16.99%), Zinc: 2.25mg (15.03%), Fiber: 3.22g (12.89%), Folate: 49.94µg (12.48%), Magnesium: 45.44mg (11.36%), Vitamin B6: 0.22mg (10.82%), Manganese: 0.2mg (10.14%), Vitamin B12: 0.56µg (9.4%), Potassium: 262.94mg (7.51%), Vitamin B1: 0.11mg (7.3%), Vitamin E: 1.07mg (7.14%), Vitamin C: 5.7mg (6.91%), Vitamin B5: 0.66mg (6.56%), Iron: 1.15mg (6.41%), Vitamin B3: 1.18mg (5.9%), Copper: 0.11mg (5.53%), Vitamin D: 0.79µg (5.25%)