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Cornbread With Corn Casserole ♦♦

Cornbread With Corn Casserole is a delicious and comforting dish that combines the sweet flavors of cornbread with the creamy texture of corn casserole. It is a popular side dish for BBQs, potlucks, and family gatherings. The cornbread is moist and fluffy, while the corn casserole is rich and creamy. Together, they create the perfect balance of flavors and textures.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 8

Serving Size: 62 g

Ingredients

1 c	Cornmeal
1 cup	All-Purpose Flour
1 cup	Sugar
1 tablespoon	Baking Powder

1 teaspoon	Salt
1 cup	Milk
2 large	Eggs
1 cup	Butter
2 c	cream-style corn
2 c	whole kernel corn
1 c	shredded cheddar cheese

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C). Grease a 9x13-inch baking dish.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the cornmeal, flour, sugar, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, whisk together the milk, eggs, and melted butter.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the wet ingredients into the dry ingredients and stir until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Fold in the cream-style corn, whole kernel corn, and shredded cheddar cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Pouring

Pour the batter into the prepared baking dish and smooth the top.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake for 25-30 minutes, or until golden brown and a toothpick inserted into the center comes out clean.

Prep Time: 0 mins

Cook Time: 30 mins

Step 8

Cooling

Remove from the oven and let cool for 10 minutes before serving.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 285 kcal

Fat: 16 g

Protein: 7 g

Carbohydrates: 29 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	29 g	52.73%	58%
Fibers	2 g	5.26%	8%
Sugars	11 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	8 g	36.36%	47.06%
Fat	16 g	57.14%	64%
Cholesterol	75 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	410 mg	17.83%	17.83%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	180 mg	5.29%	6.92%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	13 mcg	23.64%	23.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Drinks

Salads

Snacks

Sauces & Dressings

Breads

Side Dishes

Desserts

Main Dishes

Difficulty Level

Medium

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