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Quick Corn Casserole ♦♦

A delicious corn casserole that is quick and easy to make. It is perfect for a family dinner or a potluck gathering. The casserole is made with corn, cheese, and other ingredients that create a creamy and flavorful dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

500 g	canned corn
200 g	Cheddar Cheese
250 g	sour cream
50 g	butter
2 pieces	Eggs

250 g	Cornbread Mix
1 tsp	Salt
0.5 tsp	Pepper

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large mixing bowl, combine the canned corn, cheddar cheese, sour cream, melted butter, beaten eggs, cornbread mix, salt, and pepper.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Pour the mixture into a greased casserole dish.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Baking

Bake in the preheated oven for 40-45 minutes or until golden brown and set in the center.

Prep Time: 0 mins

Cook Time: 45 mins

Step 5

Cooling

Remove from the oven and let it cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 8 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	20 g	71.43%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas Picnic

Meal Type

Breakfast Lunch Dinner Snack

Course

Side Dishes Snacks

Cultural

Chinese New Year Easter Halloween

Cost

\$10 to \$20 \$40 to \$50

Demographics

Kids Friendly Pregnancy Safe Lactation Friendly Allergy Friendly
Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)
Flexitarian Diet Weight Watchers (WW) Diet

Difficulty Level

Easy

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