

Baked Corn

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/corn-and-swiss-cheese-recipe>

Ingredients:

- 1/2 cup corn frozen, canned, fresh, whatever you've got
- 1 small egg or half a beaten large one, as usual
- 1 teaspoon butter because Uncle Robert also didn't realize that margarine isn't food
- 1/4 teaspoon flour
- 1 pinch chili powder
- 1 anise optional pinch
- 1 slice swiss cheese or probably whatever else: I doubt the Swiss is authentic
- 1/2 cup corn kernels
- 1 small egg or 1/2 beaten large egg
- 1 teaspoon butter
- 1/4 teaspoon flour
- 1 pinch chili powder
- 1 pinch anise optional
- 1 slice swiss cheese or whatever

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 125 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 300 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Baked Corn above. You can see more 19 corn and swiss cheese recipe Deliciousness awaits you! to get more great cooking ideas.