

Corn Casserole - perfect for a Thanksgiving side dish

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-christmas-corn-casserole>

Ingredients:

- 8 1/2 ounces cornbread mix I used Jiffy
- 1 cup sour cream or 1 cup non-fat Greek yogurt for the healthy version
- 1/2 cup unsalted butter melted, or less for the healthier version
- 15 ounces corn creamed style, do not drain
- 15 ounces corn drained
- 2 eggs beaten, or 3 egg whites for the healthier version
- 1/8 teaspoon pepper
- 1/4 teaspoon salt

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 130 milligrams
4. Fat: 31 grams
5. Fiber: 7 grams
6. Protein: 10 grams
7. SaturatedFat: 16 grams
8. Sodium: 620 milligrams
9. Sugar: 14 grams

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