

Crispy Onion Corn Spoonbread

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-caramel-corn-recipe>

Ingredients:

- 14 3/4 ounces cream-style corn
- 11 ounces corn drained
- 8 1/2 ounces corn muffin mix
- 1 cup sour cream
- 1/2 cup butter melted
- 3 tablespoons sweet mustard FRENCH'S® Classic Yellow®
- 1 large egg
- 1 1/3 cups caramelized FRENCH'S® Crispy Fried Onions, Flavored

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 82 grams
3. Cholesterol: 75 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams
6. Protein: 9 grams
7. SaturatedFat: 13 grams
8. Sodium: 800 milligrams
9. Sugar: 47 grams

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