

# Jiffy Corn Casserole

Yield: 8 min  
Total Time: 60 min

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

## Ingredients:

- 1 box cornbread mix Jiffy
- 30 ounces corn drained 2 cans
- 15 ounces creamed corn 1 can
- 2 large eggs
- 1 cup sour cream
- 1/4 cup melted butter
- 1/4 teaspoon cayenne pepper
- salt
- pepper

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 85 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 7 grams
8. Sodium: 350 milligrams
9. Sugar: 6 grams

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