

Southern Baked Corn Casserole

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 2 cups corn fresh grilled, see tip for removing kernals
- 1/4 cup onion diced
- 1/2 cup red bell peppers diced
- 2 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon mustard powder ground
- 1/8 teaspoon black pepper
- 3/4 cup whole milk
- 1 egg beat lightly
- 1/3 cup cracker crumbs Ritz
- 1 tablespoon butter
- 1 tablespoon dried parsley

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 80 milligrams
4. Fat: 12 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 7 grams
8. Sodium: 770 milligrams
9. Sugar: 6 grams

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