

# CORN SOUFFLE

Yield: 8 min  
Total Time: 60 min

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

## Ingredients:

- 15 ounces corn with liquid
- 15 ounces creamed corn with liquid
- 8 1/2 ounces Jiffy Corn Muffin Mix unprepared
- 1 cup sour cream
- 1/2 cup melted butter

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 55 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 11 grams
8. Sodium: 420 milligrams
9. Sugar: 7 grams

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