

Southern Corn Casserole

Yield: 8 min
Total Time: 100 min

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

Ingredients:

- crumbled bacon also use some of the bacon grease instead of the melted butter, YUM
- jalapeño chopped, the kind in the can, the texture is better than using fresh
- diced green chiles
- shredded cheddar cheese
- 30 ounces creamed corn
- 15 ounces corn whole, drained
- 1 cup soda or saltine crackers crushed
- 1/2 cup milk
- 1/2 cup sugar
- 3 eggs
- 3 tablespoons flour
- 3 tablespoons butter melted, or bacon grease, see notes above

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 95 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 4 grams
8. Sodium: 390 milligrams
9. Sugar: 21 grams

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