

Thanksgiving Corn Casserole

Yield: 12 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-casserole-healthy-vegetarian-recipe-reviews>

Ingredients:

- 1 1/2 cups cornmeal
- 1 teaspoon baking soda
- 4 eggs
- 15 1/4 ounces whole kernel corn, drained
- 14 3/4 ounces cream style corn
- 1 1/4 cups buttermilk
- 1 cup margarine melted
- 8 ounces chopped green chilies
- 2 onions chopped
- 3 cups shredded cheddar cheese divided

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 100 milligrams
4. Fat: 27 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 10 grams
8. Sodium: 550 milligrams
9. Sugar: 5 grams
10. TransFat: 3 grams

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