

Baked Corn II

Susan Dyll

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

Yield: 2 casseroles

2 cups whole corn, drained

2 cups creamed corn

2 cups sour cream

1 cup butter, melted

2 packages (8 ounce ea)

corn muffin mix

3 eggs

Preheat the oven to 350 degrees.

In a pan, melt the butter.

In a bowl, combine the kernel corn, creamed corn, sour cream, butter, corn muffin mix and eggs. Mix well.

Divide the mixture between two greased 13x9-inch baking dishes.

Bake for 40 to 45 minutes.

Per Serving (excluding unknown items): 4147 Calories; 325g Fat (68.8% calories from fat); 60g Protein; 271g Carbohydrate; 21g Dietary Fiber; 1337mg Cholesterol; 6299mg Sodium. Exchanges: 6 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 62 1/2 Fat; 10 1/2 Other Carbohydrates.