

# Corn Casserole II

*"Fruits of the Spirit" (2001) - Doris McManus  
Grapevine United Methodist Church - Port St. Lucie, FL*

1 stick margarine  
4 eggs (or egg substitute)  
1 box cornbread mix  
1 cup water  
2 cans (17 ounce ea) creamed corn

Preheat the oven to 350 degrees.

In a two-quart casserole dish, melt the margarine.

In a large bowl, beat the eggs. Add the cornbread mix to the eggs. Add the water. Stir.

Add the creamed corn. Pour the mixture into the casserole. Stir.

Bake for 45 minutes to one hour until golden brown.

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Per Serving (excluding unknown items): 1469 Calories; 106g Fat (63.1% calories from fat); 13g Protein; 126g Carbohydrate; 10g Dietary Fiber; 2mg Cholesterol; 3058mg Sodium. Exchanges: 3 Grain(Starch); 21 Fat; 5 1/2 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	1469
% Calories from Fat:	63.1%
% Calories from Carbohydrates:	33.4%
% Calories from Protein:	3.5%
Total Fat (g):	106g
Saturated Fat (g):	19g
Monounsaturated Fat (g):	52g
Polyunsaturated Fat (g):	30g
Cholesterol (mg):	2mg
Carbohydrate (g):	126g
	10g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	235mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

3  
1

Dietary Fiber (g):  
 Protein (g): 13g  
 Sodium (mg): 3058mg  
 Potassium (mg): 519mg  
 Calcium (mg): 111mg  
 Iron (mg): 4mg  
 Zinc (mg): 2mg  
 Vitamin C (mg): 12mg  
 Vitamin A (i.u.): 4165IU  
 Vitamin A (r.e.): 916 1/2RE

Grain (Starch):  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 21  
 Other Carbohydrates: 5 1/2

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	1469	Calories from Fat: 927
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### % Daily Values\*

<b>Total Fat</b>	106g	163%
Saturated Fat	19g	97%
<b>Cholesterol</b>	2mg	1%
<b>Sodium</b>	3058mg	127%
<b>Total Carbohydrates</b>	126g	42%
Dietary Fiber	10g	42%
<b>Protein</b>	13g	
<b>Vitamin A</b>		83%
<b>Vitamin C</b>		20%
<b>Calcium</b>		11%
<b>Iron</b>		21%

\* Percent Daily Values are based on a 2000 calorie diet.