

Peppered Corn Casserole

Mrs. Carl Maddox

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

1 large onion, chopped
1/2 cup margarine
1 can (16 ounce) Rotel tomatoes with
chili peppers
1 can (16 ounce) yellow whole kernel
corn, drained
1 can (16 ounce) white shoe peg corn,
drained
1 can (16 ounce) yellow cream-style
corn

In a saucepan, saute' the onion in margarine.

Add the tomatoes, yellow corn, white corn and
cream-style corn.

Place the mixture in a large bowl.

Refrigerate for at least eight hours.

Bake for two hours at 325 degrees.

Per Serving (excluding unknown
items): 107 Calories; 11g Fat
(94.1% calories from fat); trace
Protein; 1g Carbohydrate; trace
Dietary Fiber; 0mg Cholesterol;
134mg Sodium. Exchanges: 0
Vegetable; 2 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	107	Vitamin B6 (mg):	trace
% Calories from Fat:	94.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	4.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	11g	Folacin (mcg):	3mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	134mg	Vegetable:	0

Potassium (mg): 28mg
Calcium (mg): 7mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 504IU
Vitamin A (r.e.): 113RE

Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 107 **Calories from Fat:** 100

% Daily Values*

Total Fat	11g	18%
	Saturated Fat 2g	10%
Cholesterol	0mg	0%
Sodium	134mg	6%
Total Carbohydrates	1g	0%
	Dietary Fiber trace	1%
Protein	trace	

Vitamin A	10%
Vitamin C	2%
Calcium	1%
Iron	0%

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