

## Baked Corn Casserole

Number of Servings: 1 (116.34 g per serving)

Ingredient	Comments
Corn, cream style, cnd	contains wheat, egg, and milk
Corn	
Onion, yellow, fresh, chpd	
Peppers, bell, green, sweet, fresh, chpd	
Milk, 2%, w/add vit A & D	
Eggs, whole, raw, extra lrg	
Crackers, saltine, crushed	
Cheese, cheddar, shredded	
Butter & Margarine, blend, unsalted	
Sugar, white, granulated	

Nutrition Facts	
Serving Size 1/2 cup (116g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 7g	
<b>Protein 5g</b>	
Vitamin A 8%	• Vitamin C 15%
Calcium 10%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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