

Corn Casserole

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

*1 can whole kernel corn
1 can Mexicorn
1 can cream of mushroom OR cream
of celery soup
1 1/2 cups grated cheese
1 package (5 ounce) yellow rice*

Preheat the oven to 350 degrees.

Cook the rice according to package directions.

Drain the corn and add to the rice. Stir in the soup. Add 1/4 cup of the grated cheese. Mix well.

Pour the mixture into a casserole dish. Cover with the remaining cheese.

Bake until bubbly and the cheese is melted.

Per Serving (excluding unknown items): 685 Calories; 56g Fat (74.0% calories from fat); 42g Protein; 2g Carbohydrate; 0g Dietary Fiber; 178mg Cholesterol; 1055mg Sodium. Exchanges: 6 Lean Meat; 7 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	685
% Calories from Fat:	74.0%
% Calories from Carbohydrates:	1.3%
% Calories from Protein:	24.7%
Total Fat (g):	56g
Saturated Fat (g):	36g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	178mg
Carbohydrate (g):	2g
Dietary Fiber (g):	0g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	31mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 42g
Sodium (mg): 1055mg
Potassium (mg): 167mg
Calcium (mg): 1227mg
Iron (mg): 1mg
Zinc (mg): 5mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 1801IU
Vitamin A (r.e.): 541RE

Lean Meat: 6
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 685 Calories from Fat: 507

% Daily Values*

Total Fat	56g	87%
Saturated Fat	36g	179%
Cholesterol	178mg	59%
Sodium	1055mg	44%
Total Carbohydrates	2g	1%
Dietary Fiber	0g	0%
Protein	42g	
Vitamin A		36%
Vitamin C		0%
Calcium		123%
Iron		6%

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