

The Best Corn Casserole in the Whole Wide World

Mr. J. E. Harper

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

Servings: 8

4 to 5 strips bacon and drippings

2 cups onions, chopped

9 ears of corn, corn

2 cups Cheddar cheese, grated

1 cup half-and-half

1 jarlsberg cheese, pimienta

salt

pepper

3/4 teaspoon powdered ginger

Preheat oven to 350 degrees.

In a skillet, cook the bacon until crisp. Remove and set aside.

In the drippings, saute' the onions until soft but not brown.

Cut the corn off the cob and scrape the cob to get milk. (Cut only about half-way through the kernels, then scrape the rest off.)

Add the corn and cheese to the onions. Cook, stirring, about 10 minutes.

Add the half-and-half, pimientos, salt, pepper, ginger and bacon. Pour into a two-quart casserole. Heat in oven until bubbly.

(This recipe freezes well.)

Per Serving (excluding unknown items): 267 Calories; 15g Fat (47.0% calories from fat); 14g Protein; 23g Carbohydrate; 3g Dietary Fiber; 42mg Cholesterol; 258mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	267	Vitamin B6 (mg):	.1mg
% Calories from Fat:	47.0%	Vitamin B12 (mcg):	.2mcg

% Calories from Carbohydrates: 32.7%
 % Calories from Protein: 20.3%
 Total Fat (g): 15g
 Saturated Fat (g): 8g
 Monounsaturated Fat (g): 3g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 42mg
 Carbohydrate (g): 23g
 Dietary Fiber (g): 3g
 Protein (g): 14g
 Sodium (mg): 258mg
 Potassium (mg): 364mg
 Calcium (mg): 316mg
 Iron (mg): 1mg
 Zinc (mg): 1mg
 Vitamin C (mg): 9mg
 Vitamin A (i.u.): 686IU
 Vitamin A (r.e.): 149RE

Thiamin B1 (mg): .2mg
 Riboflavin B2 (mg): .2mg
 Folic Acid (mcg): 59mcg
 Niacin (mg): 2mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 267 Calories from Fat: 125

% Daily Values*

Total Fat	15g	23%
Saturated Fat	8g	41%
Cholesterol	42mg	14%
Sodium	258mg	11%
Total Carbohydrates	23g	8%
Dietary Fiber	3g	14%
Protein	14g	
Vitamin A		14%
Vitamin C		16%
Calcium		32%
Iron		4%

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