

Corn Broccoli Bake¹⁵

Number of Servings: 15 (120.55 g per serving)

Amount	Measure	Ingredient
3 1/4	cup	Corn, cream style, cnd
28 1/2	oz	Broccoli, chpd, 80% ckd, fzn
1 7/8	ea	Eggs, whole, raw, lrg
24.00	ea	Crackers, saltine, unsalted tops
2 1/2	Tbs	Spice, onion, minced, dehyd
1/8	tsp	Spice, pepper, black

Nutrients per serving

Nutrition Facts	
Serving Size (121g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 240mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 3g	
Vitamin A 8%	• Vitamin C 40%
Calcium 2%	• Iron 2%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

A #303 can of creamed corn = 1 3/4 cup. A #10 can of creamed corn = 12 1/2 cups

Combine creamed corn; drained, partially cooked broccoli; eggs; crumbs; onion and pepper. Turn into baking pan and cover with foil. Bake 40-60 minutes at 350 degrees.

Serve #8 scoop, or 1/2 cup/serving

1/2 c = ~16 grams carbohydrate = 1 Carb Serving