



Schoharie County  
173 South Grand St  
Cobleskill, NY 12043  
518.234.4303  
518.296.8310  
Fax: 518.234.4305  
schoharie@cornell.edu

Otsego County  
123 Lake St  
Cooperstown, NY 13326  
607.547.2536  
Fax: 607.547.5180  
otsego@cornell.edu

Oneonta Outreach  
31 Maple St  
Oneonta, NY 13820  
607.433.2521  
Fax: 607.436.9682

cceschoharie-otsego.org

## Corn Casserole

### Ingredients:

- 2 cans creamed corn
- 1 cup corn bread mix
- 1 cup low fat cheddar cheese, grated
- 2 eggs
- 2 egg whites
- 2 tablespoons vegetable oil
- 1 teaspoon garlic powder
- vegetable oil spray

*Makes 8 servings - 30% calories from fat*

### Instructions:

1. Heat oven to 350° F. Lightly coat a rectangle pan (9x2x13”) with vegetable oil spray.
2. Mix all ingredients together in a large bowl.
3. Pour into pan and bake 45 minutes. Let stand 5 minutes. Then serve.

Nutrition Facts	
Serving Size 1 piece	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 570mg</b>	<b>24%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein 10g</b>	
Vitamin A 2%	• Vitamin C 8%
Calcium 15%	• Iron 6%

\*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	85g	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

Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

