

Broccoli and Corn Bake

Yield 6 servings

Ingredients

1 can	cream-style corn (15 ounce)
1 package	broccoli (10 ounce frozen, cooked)
1	egg (beaten)
1/2 cup	cracker crumbs (crushed)
1/4 cup	margarine
6	saltine crackers (crushed)
1 tablespoon	margarine (melted)

Instructions

1. Mix corn, broccoli, egg, cracker crumbs and margarine together in greased 1 1/2 quart casserole.
2. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
3. Bake at 350 degrees for 40 minutes.

Cost

Per recipe: \$2.53
Per serving: \$0.42

Source

University of Kentucky, Cooperative Extension Service, Food and Nutrition Calendar 2005
Kentucky Families on the Move

Nutrition Facts	
Serving Size 1/6 of recipe (147g)	
Servings Per Container 6	
Amount Per Serving	
Calories 200	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 420mg	18%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 4g	
Vitamin A 10%	• Vitamin C 45%
Calcium 4%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	