

# Broccoli and Corn Bake

Makes: 6 servings

## Ingredients

- 1 can cream-style corn (14.75 ounce)
- 3 3/4 cups broccoli (frozen, cooked)
- 1 egg (beaten)
- 1/2 cup cracker crumbs (crushed)
- 1/4 cup margarine
- 6 saltine crackers (crushed)
- 1 tablespoon margarine (melted)

## Directions

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.

## Notes

Learn more about:

- [Corn](#)
- [Broccoli](#)

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

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>205</b>
<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	2 g
Cholesterol	31 mg
<b>Sodium</b>	<b>401 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	2 g
<b>Protein</b>	<b>5 g</b>
Vitamin D	0 IU
Calcium	41 mg
Iron	1 mg
Potassium	194 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
 Vegetables	1/2 cup
 Grains	1/2 ounce

