



Baked Creamed Corn With Red Bell Peppers and Jalapenos



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



385 kcal

SIDE DISH

Ingredients

- ☐ 8 ears corn husked
- ☐ 1 cup heavy cream
- ☐ 2 jalapeño peppers diced
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 2 bell peppers diced red
- ☐ 1 stick butter salted cut into pieces

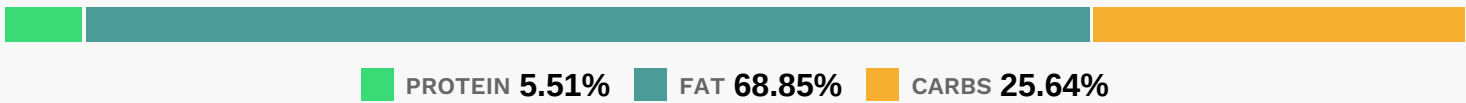
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F. Slice the corn kernels from the ear in a large, deep bowl with a sharp knife. Turn the knife to the dull side and scrape the cob all the way down to remove all the bits of kernel and the creamy milk.
- ☐ Add the red bell peppers, jalapenos, heavy cream, 2 teaspoons salt, a generous amount of pepper and the butter and mix well.
- ☐ Pour into a 9-by-13-inch baking dish.
- ☐ Bake until hot and bubbly, 45 to 55 minutes.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.56, Inflammation Score:-9, Nutrition Score:13.925652146339%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 384.77kcal (19.24%), Fat: 31.35g (48.23%), Saturated Fat: 19.22g (120.13%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 22.91g (8.33%), Sugar: 10.54g (11.71%), Cholesterol: 85.32mg (28.44%), Sodium: 345.33mg (15.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Vitamin C: 64.71mg (78.43%), Vitamin A: 2570.42IU (51.41%), Folate: 72.06µg (18.01%), Phosphorus: 145.85mg (14.59%), Vitamin B1: 0.22mg (14.54%), Fiber: 3.36g (13.45%), Magnesium: 53.02mg (13.25%), Potassium: 461.51mg (13.19%), Vitamin B6: 0.26mg (13.05%), Vitamin B3: 2.61mg (13.03%), Manganese: 0.25mg (12.27%), Vitamin B5: 1.12mg (11.23%), Vitamin E: 1.68mg (11.2%), Vitamin B2: 0.18mg (10.82%), Vitamin K: 5.75µg (5.48%), Zinc: 0.77mg (5.14%), Iron: 0.85mg (4.73%), Vitamin D: 0.63µg (4.23%), Copper: 0.08mg (3.91%), Calcium: 36.56mg (3.66%), Selenium: 2.16µg (3.08%), Vitamin B12: 0.1µg

(1.59%)