

Cheesy Corn

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 16 ounce corn kernels frozen
- ☐ 8 ounce cream cheese
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon garlic chopped
- ☐ 0.3 cup onion diced
- ☐ 0.5 teaspoon penzey's southwest seasoning creole-style

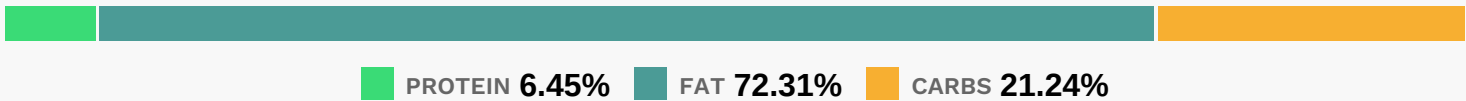
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a saucepan over medium heat, combine the corn, parsley, garlic, Creole seasoning.
- ☐ Add enough water to cover, bring to a boil and cook until tender.
- ☐ Drain and set aside.
- ☐ In a large skillet over medium heat, add the butter and onion; saute until onion softens.
- ☐ Add corn and cream cheese. Cook over low heat for 10 minutes.
- ☐ Remove from heat, chill completely and serve cold.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:4.0717391345812%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 191.62kcal (9.58%), Fat: 16.15g (24.84%), Saturated Fat: 9.47g (59.2%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 9.27g (3.37%), Sugar: 3.89g (4.32%), Cholesterol: 43.68mg (14.56%), Sodium: 250.95mg (10.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin A: 628.71IU (12.57%), Vitamin K: 11.23µg (10.7%), Vitamin B2: 0.12mg (7.2%), Folate: 26.51µg (6.63%), Phosphorus: 61.35mg (6.13%), Fiber: 1.4g (5.61%), Manganese: 0.1mg (4.94%), Selenium: 2.95µg (4.21%), Calcium: 38.7mg (3.87%), Vitamin B5: 0.39mg (3.86%), Potassium: 131.83mg (3.77%), Vitamin E: 0.52mg (3.46%), Vitamin B3: 0.63mg (3.13%), Magnesium: 11.9mg (2.98%), Vitamin B6: 0.05mg (2.67%), Vitamin C: 2.19mg (2.65%), Zinc: 0.36mg (2.39%), Vitamin B1: 0.03mg (2.18%), Iron: 0.35mg (1.95%), Copper: 0.03mg (1.51%), Vitamin B12: 0.07µg (1.24%)