



Cheesy Creamed Corn with Cilantro



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cilantro leaves
- ☐ 2 teaspoons cornstarch
- ☐ 12 ears corn
- ☐ 1.3 cups queso fresco crumbled
- ☐ 1 large garlic clove
- ☐ 0.7 cup cup heavy whipping cream
- ☐ 1.5 cups spring onion chopped (6 large)
- ☐ 3 tablespoons butter unsalted

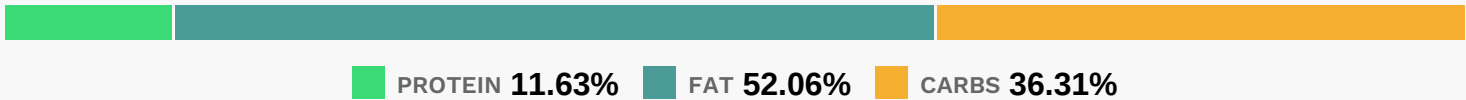
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat butter in a deep 12-inch heavy skillet over medium-high heat until foam subsides, then cook scallions, stirring occasionally, until softened, about 5 minutes.
- ☐ Add corn and 1/2 teaspoon each of salt and pepper and cook, stirring occasionally, 5 minutes.
- ☐ Stir together cream and cornstarch in a small bowl until thoroughly combined, then add to corn and simmer, stirring, until slightly thickened, about 3 minutes.
- ☐ Transfer 1 1/2 cups corn mixture to a blender with garlic and purée until smooth (use caution when blending hot liquids). Return to skillet and cook, stirring constantly, until just heated through.
- ☐ Transfer corn to a large shallow serving bowl and sprinkle cheese and cilantro over top.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:17.178695575051%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 387.86kcal (19.39%), Fat: 24.17g (37.19%), Saturated Fat: 13.77g (86.06%), Carbohydrates: 37.93g (12.64%), Net Carbohydrates: 33.59g (12.21%), Sugar: 13.28g (14.76%), Cholesterol: 63.64mg (21.21%), Sodium: 243.89mg (10.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.3%), Vitamin K: 62.17µg (59.21%), Vitamin A: 1548.02IU (30.96%), Phosphorus: 292.98mg (29.3%), Folate: 96.43µg (24.11%), Vitamin C: 17.97mg (21.79%), Vitamin B1: 0.31mg (20.84%), Magnesium: 80.94mg (20.23%), Calcium: 196.89mg (19.69%), Potassium:

632.69mg (18.08%), Manganese: 0.36mg (17.89%), Fiber: 4.34g (17.36%), Vitamin B3: 3.38mg (16.89%), Vitamin B5: 1.5mg (15%), Vitamin B2: 0.22mg (13.11%), Zinc: 1.71mg (11.43%), Vitamin B6: 0.22mg (11.14%), Selenium: 7.44µg (10.63%), Vitamin B12: 0.51µg (8.49%), Vitamin D: 1.26µg (8.4%), Iron: 1.45mg (8.04%), Copper: 0.14mg (6.94%), Vitamin E: 0.84mg (5.58%)