



## Cheesy Slow-Cooked Corn

 Vegetarian  Gluten Free

READY IN



185 min.

SERVINGS



12

CALORIES



285 kcal

SIDE DISH

### Ingredients

- 48 ounces corn frozen
- 11 ounces cream cheese softened
- 0.3 cup butter cubed
- 3 tablespoons water
- 3 tablespoons milk 2%
- 2 tablespoons sugar
- 6 slices processed cheese food cut into small pieces

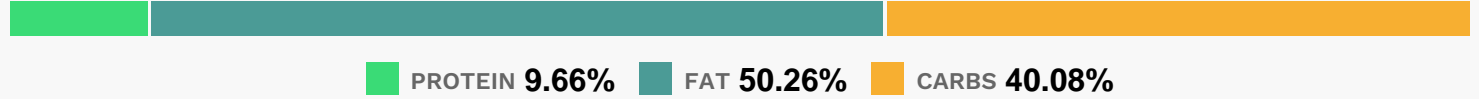
### Equipment

slow cooker

## Directions

In a 4- or 5-qt. slow cooker, combine all ingredients. Cook, covered, on low, until heated through and cheese is melted, 3–4 hours, stirring once.

## Nutrition Facts



## Properties

Glycemic Index:14.51, Glycemic Load:1.89, Inflammation Score:-5, Nutrition Score:8.2665217246698%

## Nutrients (% of daily need)

Calories: 284.52kcal (14.23%), Fat: 17.08g (26.27%), Saturated Fat: 9.76g (61%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 27.47g (9.99%), Sugar: 3.4g (3.78%), Cholesterol: 47.21mg (15.74%), Sodium: 295.1mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.77%), Phosphorus: 198.35mg (19.84%), Calcium: 145.24mg (14.52%), Fiber: 3.18g (12.7%), Folate: 48.87µg (12.22%), Vitamin A: 574.77IU (11.5%), Vitamin B2: 0.19mg (11.36%), Vitamin B6: 0.22mg (11.24%), Potassium: 387.98mg (11.09%), Magnesium: 41.9mg (10.48%), Vitamin C: 8.17mg (9.91%), Vitamin B3: 1.94mg (9.72%), Manganese: 0.19mg (9.35%), Vitamin B1: 0.13mg (8.4%), Zinc: 1.21mg (8.05%), Selenium: 5.42µg (7.74%), Vitamin B5: 0.54mg (5.41%), Iron: 0.87mg (4.83%), Vitamin B12: 0.24µg (4.04%), Copper: 0.07mg (3.42%), Vitamin E: 0.42mg (2.79%), Vitamin K: 1.16µg (1.1%)