



Christmas Creamed Corn

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 30 oz kernel corn whole frozen thawed
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup heavy whipping cream
- ☐ 1 medium onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 1 bell pepper diced red
- ☐ 0.8 teaspoon salt

☐ 1 teaspoon sugar

Equipment

☐ food processor

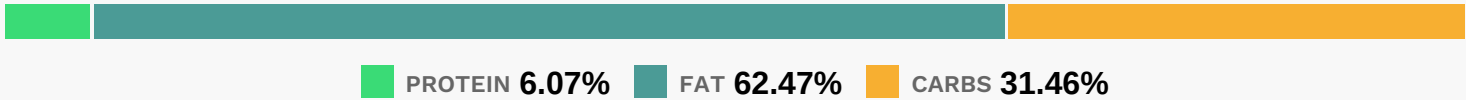
☐ frying pan

☐ blender

Directions

- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add onion, bell pepper, and garlic; saut 8 minutes or until tender.
- ☐ Process 1 package of corn and 1/2 cup cream in a blender or food processor until smooth.
- ☐ Add puree, remaining 1/4 cup cream, and remaining corn to skillet. Stir in sugar, salt, and pepper. Cook, stirring often, 5 minutes, or until heated and most of liquid evaporates.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:5.1773913658184%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 217.96kcal (10.9%), Fat: 15.39g (23.68%), Saturated Fat: 9.03g (56.42%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 16.87g (6.13%), Sugar: 2.37g (2.63%), Cholesterol: 40.46mg (13.49%), Sodium: 444.23mg (19.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Vitamin C: 22.23mg (26.95%), Vitamin A: 971.69IU (19.43%), Folate: 41.42µg (10.36%), Phosphorus: 67.33mg (6.73%), Potassium: 201.57mg (5.76%), Manganese: 0.12mg (5.76%), Vitamin B3: 1.01mg (5.07%), Vitamin B2: 0.08mg (4.57%), Magnesium: 16.86mg (4.21%), Vitamin E: 0.61mg (4.06%), Vitamin B6: 0.08mg (3.86%), Zinc: 0.43mg (2.85%), Calcium: 24.53mg (2.45%), Vitamin B1: 0.04mg (2.45%), Vitamin D: 0.36µg (2.38%), Copper: 0.05mg (2.33%), Fiber: 0.58g (2.31%), Iron: 0.37mg (2.06%), Vitamin K: 2.11µg (2.01%), Vitamin B5: 0.13mg (1.34%), Selenium: 0.94µg (1.34%)