



## Confetti Creamed Corn

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**8**

CALORIES



**136 kcal**

**SIDE DISH**

## Ingredients

- 0.3 cup skim milk fat-free
- 6 cups corn frozen
- 2 tablespoons spring onion sliced
- 2 tablespoons parmesan cheese grated
- 0.3 teaspoon pepper
- 1 cup bell pepper red chopped
- 0.5 teaspoon salt
- 1 cup water

# Equipment

sauce pan

# Directions

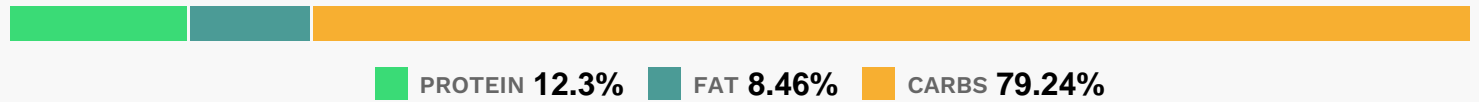
In 3-quart saucepan, heat water to boiling.

Add corn and bell pepper. Cover; reduce heat to medium. Cook 6 to 8 minutes, stirring occasionally, until vegetables are tender.

Drain; return to saucepan.

Stir in all remaining ingredients except green onions. Cover; cook over medium-low heat, stirring frequently, until heated and mixture is well blended. Spoon into serving dish; sprinkle with green onions.

# Nutrition Facts



# Properties

Glycemic Index:12, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:9.0082608296171%

# Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

# Nutrients (% of daily need)

Calories: 136.37kcal (6.82%), Fat: 1.48g (2.28%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 27.26g (9.91%), Sugar: 1.19g (1.32%), Cholesterol: 1.46mg (0.49%), Sodium: 183.26mg (7.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Vitamin C: 33.08mg (40.1%), Fiber: 3.91g (15.64%), Folate: 59.41µg (14.85%), Vitamin B6: 0.28mg (14.12%), Phosphorus: 132.22mg (13.22%), Vitamin A: 617.38IU (12.35%), Potassium: 425.62mg (12.16%), Manganese: 0.23mg (11.42%), Vitamin B3: 2.28mg (11.41%), Magnesium: 44.16mg (11.04%), Vitamin B1: 0.14mg (9.53%), Vitamin B2: 0.15mg (8.7%), Zinc: 1.04mg (6.91%), Iron: 0.96mg (5.32%), Vitamin B5: 0.46mg (4.62%), Vitamin K: 4.16µg (3.96%), Copper: 0.07mg (3.74%), Calcium: 26.72mg (2.67%), Selenium: 1.67µg (2.39%), Vitamin E: 0.31mg (2.08%)