

Cream Cheese Corn



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



315 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 pounds corn kernels whole cooked
- ☐ 8 ounce cream cheese

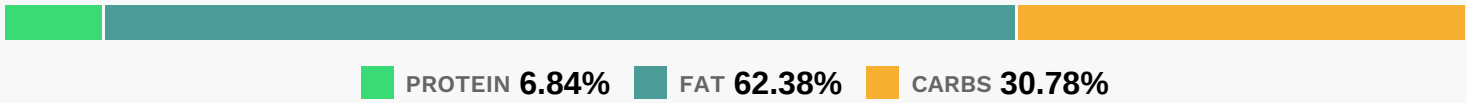
Equipment

- ☐ sauce pan

Directions

- ☐
- Combine the corn, butter or margarine and the cream cheese in a medium sized saucepan.
Cook over medium heat for about 20 minutes.
- ☐
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:6.5052173344985%

Nutrients (% of daily need)

Calories: 314.91kcal (15.75%), Fat: 23.33g (35.9%), Saturated Fat: 13.44g (83.97%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 22.5g (8.18%), Sugar: 8.63g (9.59%), Cholesterol: 59.14mg (19.71%), Sodium: 528.94mg (23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Folate: 65.91µg (16.48%), Vitamin A: 811.82IU (16.24%), Fiber: 3.4g (13.61%), Vitamin B2: 0.22mg (13.02%), Phosphorus: 111.98mg (11.2%), Manganese: 0.2mg (9.85%), Vitamin B3: 1.73mg (8.66%), Vitamin B5: 0.78mg (7.81%), Potassium: 265.35mg (7.58%), Magnesium: 24.95mg (6.24%), Selenium: 3.6µg (5.14%), Vitamin E: 0.73mg (4.84%), Vitamin B1: 0.07mg (4.68%), Zinc: 0.7mg (4.66%), Vitamin B6: 0.08mg (3.96%), Calcium: 36.01mg (3.6%), Vitamin C: 2.72mg (3.3%), Copper: 0.06mg (3.06%), Iron: 0.49mg (2.74%), Vitamin K: 1.59µg (1.51%), Vitamin B12: 0.09µg (1.44%)