

## Cream Corn Like No Other

READY IN



15 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 20 ounce corn kernels frozen thawed
- 2 tablespoons flour all-purpose
- 2 tablespoons granulated sugar
- 1 cup cup heavy whipping cream
- 0.3 cup parmesan cheese freshly grated
- 1 teaspoon salt
- 1 cup milk whole

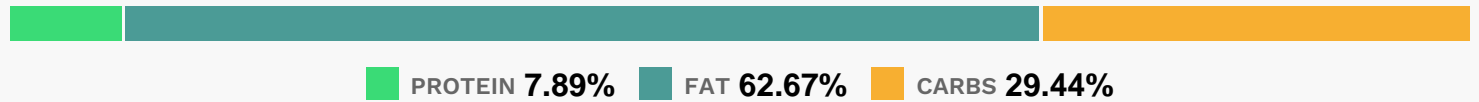
## Equipment

- frying pan
- whisk

## Directions

- In a skillet over medium heat, combine the corn, cream, salt, sugar, pepper and butter.
- Whisk together the milk and flour, and stir into the corn mixture. Cook stirring over medium heat until the mixture is thickened, and corn is cooked through.
- Remove from heat, and stir in the Parmesan cheese until melted.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:33.14, Glycemic Load:3.68, Inflammation Score:-4, Nutrition Score:5.0260870249375%

## Nutrients (% of daily need)

Calories: 223.72kcal (11.19%), Fat: 16.32g (25.11%), Saturated Fat: 9.87g (61.69%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 15.77g (5.73%), Sugar: 8.49g (9.43%), Cholesterol: 47.52mg (15.84%), Sodium: 532.87mg (23.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.25%), Vitamin A: 633.47IU (12.67%), Vitamin B2: 0.18mg (10.77%), Phosphorus: 103.44mg (10.34%), Calcium: 88.51mg (8.85%), Folate: 31.15µg (7.79%), Fiber: 1.48g (5.94%), Vitamin D: 0.83µg (5.51%), Manganese: 0.11mg (5.33%), Selenium: 3.68µg (5.26%), Potassium: 177.11mg (5.06%), Vitamin B5: 0.46mg (4.64%), Vitamin B3: 0.88mg (4.38%), Vitamin B1: 0.07mg (4.34%), Vitamin B12: 0.26µg (4.34%), Magnesium: 16.65mg (4.16%), Zinc: 0.58mg (3.84%), Vitamin E: 0.45mg (3.01%), Vitamin B6: 0.06mg (2.94%), Iron: 0.33mg (1.85%), Copper: 0.03mg (1.61%), Vitamin C: 1.31mg (1.59%), Vitamin K: 1.45µg (1.38%)