



Creamed Corn

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 2 cups whole-kernel corn frozen thawed
- 1 tablespoon flour all-purpose
- 1 tablespoon thyme leaves fresh chopped
- 0.3 teaspoon kosher salt
- 1 cup milk 2% reduced-fat
- 0.5 cup bell pepper red chopped

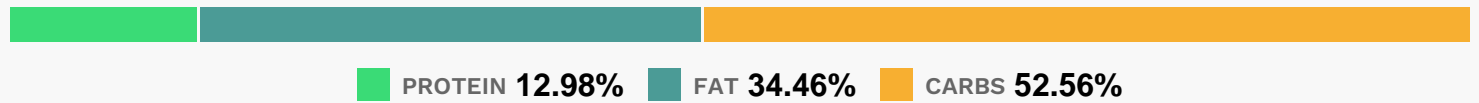
Equipment

- food processor
- frying pan
- sauce pan
- whisk

Directions

- Melt butter in a medium saucepan over medium-high heat; swirl until butter foams.
- Add bell pepper and thyme; saut 3 minutes.
- Add corn; saut 2 minutes.
- Add milk, flour, and salt, stirring with a whisk. Cover; bring to a boil. Reduce heat to low, and simmer 15 minutes, stirring occasionally.
- Place 1/2 cup corn mixture in a mini food processor; process until smooth. Return to pan; stir well.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:7.4239130123802%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 122.97kcal (6.15%), Fat: 5.11g (7.86%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 15.22g (5.53%), Sugar: 7.42g (8.24%), Cholesterol: 12.24mg (4.08%), Sodium: 364.62mg (15.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin C: 28.07mg (34.03%), Vitamin A: 850.84IU (17.02%), Vitamin B2: 0.22mg (12.74%), Folate: 46.18µg (11.55%), Phosphorus: 101.56mg (10.16%), Fiber: 2.33g (9.31%), Calcium: 82.86mg (8.29%), Manganese: 0.17mg (8.29%), Potassium: 243.67mg (6.96%), Vitamin B3: 1.2mg (6%), Vitamin B5: 0.58mg (5.79%), Vitamin B6: 0.11mg (5.7%), Magnesium: 22.67mg (5.67%), Vitamin B12: 0.32µg (5.31%), Vitamin B1: 0.08mg (5.28%), Zinc: 0.64mg (4.27%), Iron: 0.71mg (3.93%), Selenium: 2.66µg (3.8%), Vitamin E: 0.47mg (3.12%), Copper: 0.05mg (2.31%), Vitamin K: 1.28µg (1.22%)