



# Creamed Corn

 **Gluten Free**

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

208 kcal

SIDE DISH

## Ingredients

- ☐ 2 tablespoons butter cut into chunks
- ☐ 6 ears corn fresh husked
- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup parmesan grated
- ☐ 1 tablespoon salt
- ☐ 1 tablespoon sugar
- ☐ 6 servings bell pepper white

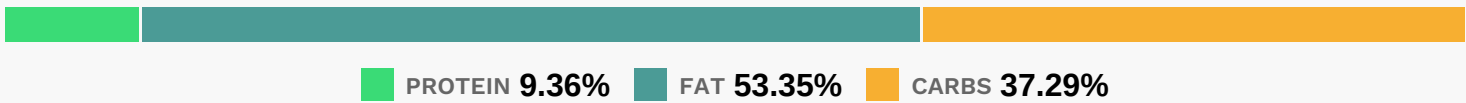
## Equipment

- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Add the ears of corn to a large saucepan and bring 8 cups water to a boil (or enough to cover ears of corn).
- ☐ Add the sugar and salt and boil until tender, about 10 to 15 minutes.
- ☐ Remove corn to a utility platter and let cool.
- ☐ While the corn is boiling, add the cream to a saucepan and let reduce by 1/3 over low heat.
- ☐ While cream is reducing, cut kernels from the cobs and set aside until needed.
- ☐ Remove reduced cream from heat and whisk in butter and Parmesan, and season, to taste, with white pepper. (
- ☐ Add salt only if needed because the cheese will lend saltiness.) Fold in corn kernels and transfer to a family style serving dish.

## Nutrition Facts



## Properties

Glycemic Index:24.52, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:6.3869565466176%

## Nutrients (% of daily need)

Calories: 208.25kcal (10.41%), Fat: 13.28g (20.44%), Saturated Fat: 7.95g (49.68%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 18.57g (6.75%), Sugar: 8.25g (9.16%), Cholesterol: 35.28mg (11.76%), Sodium: 1278.47mg (55.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.49%), Phosphorus: 125.16mg (12.52%), Vitamin A: 609.01IU (12.18%), Manganese: 0.24mg (11.84%), Folate: 39.22µg (9.81%), Vitamin B1: 0.15mg (9.72%), Magnesium: 38.44mg (9.61%), Fiber: 2.32g (9.3%), Vitamin B3: 1.62mg (8.12%), Vitamin C: 6.66mg (8.07%), Potassium: 268.54mg (7.67%), Vitamin B5: 0.72mg (7.2%), Calcium: 71.38mg (7.14%), Vitamin B2: 0.11mg (6.18%), Vitamin B6: 0.1mg (4.83%), Iron: 0.82mg (4.56%), Zinc: 0.61mg (4.04%), Copper: 0.07mg (3.57%), Selenium: 2.2µg (3.14%), Vitamin E: 0.36mg (2.42%), Vitamin D: 0.34µg (2.25%), Vitamin B12: 0.09µg (1.49%), Vitamin K: 1.3µg (1.24%)