



## Creamed Corn

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup butter
- ☐ 1 tablespoon cornstarch
- ☐ 2.5 cups corn kernels fresh ( 8 ears)
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar

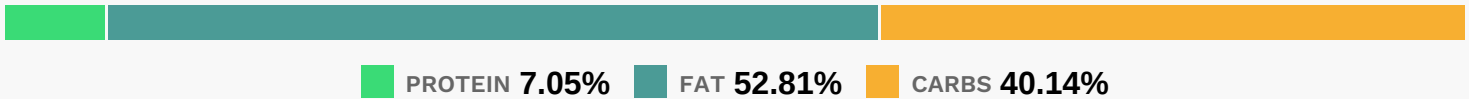
### Equipment

- ☐ frying pan

# Directions

- ☐ Melt butter in a large skillet over medium heat; stir in corn kernels and milk.
- ☐ Sprinkle with cornstarch, sugar, and salt; stir well.
- ☐ Bring mixture to a boil, stirring constantly. Reduce heat, and simmer, stirring constantly, 10 to 12 minutes.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:27.02, Glycemic Load:2.64, Inflammation Score:-6, Nutrition Score:5.9700000428635%

## Nutrients (% of daily need)

Calories: 217.42kcal (10.87%), Fat: 13.63g (20.97%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 21.48g (7.81%), Sugar: 10.13g (11.26%), Cholesterol: 3.66mg (1.22%), Sodium: 449.87mg (19.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.19%), Vitamin A: 726.37IU (14.53%), Phosphorus: 114.98mg (11.5%), Vitamin B1: 0.16mg (10.6%), Folate: 38.2µg (9.55%), Magnesium: 37.68mg (9.42%), Potassium: 296.58mg (8.47%), Vitamin B3: 1.64mg (8.2%), Vitamin B5: 0.78mg (7.75%), Manganese: 0.15mg (7.54%), Vitamin C: 6.19mg (7.5%), Fiber: 1.83g (7.32%), Vitamin B2: 0.1mg (5.75%), Vitamin B6: 0.1mg (5.21%), Calcium: 43.83mg (4.38%), Zinc: 0.54mg (3.63%), Vitamin E: 0.52mg (3.46%), Vitamin B12: 0.18µg (2.98%), Iron: 0.48mg (2.69%), Copper: 0.05mg (2.53%), Vitamin D: 0.34µg (2.24%), Selenium: 1.2µg (1.71%)