



Creamed Corn



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 2 Tbsp butter
- ☐ 6 servings coarse salt and pepper freshly ground
- ☐ 8 ears corn
- ☐ 0.5 cup heavy cream
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.5 large onion finely chopped
- ☐ 1 teaspoon sugar

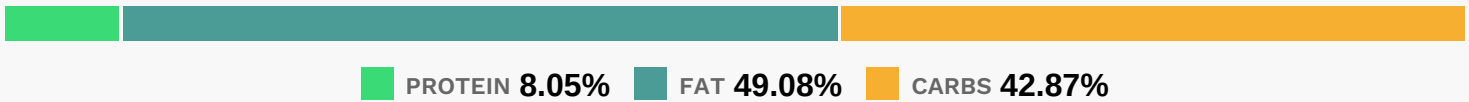
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ roasting pan

Directions

- ☐ In a large saucepan, melt 1 Tbsp of the butter on medium heat.
- ☐ Add the chopped onions and cook 2 to 3 minutes until translucent.² While the onion is cooking, remove the kernels from the corn. Stand a corn cob vertically over a large, shallow pan (like a roasting pan). Using a sharp knife, use long, downward strokes of the knife to remove the kernels from the cob. Use the edge of a spoon to scrape the sides of the cob to remove any remaining pulp.³
- ☐ Add the corn to the onions and butter in the saucepan.
- ☐ Add 2/3 a cup of water and the remaining 1 Tbsp of butter. Bring to a simmer, reduce heat and cover. Cook for 10–15 minutes until the corn is tender.⁴
- ☐ Add the sugar, nutmeg, and cream to the corn. Cook, uncovered, for 5–6 minutes, stirring occasionally.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:36.18, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:7.0147825194442%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 212.36kcal (10.62%), Fat: 12.65g (19.46%), Saturated Fat: 7.4g (46.25%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 22.24g (8.09%), Sugar: 9.3g (10.33%), Cholesterol: 32.59mg (10.86%), Sodium: 248.09mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Folate: 53.74µg (13.44%), Vitamin B1: 0.2mg (13.07%), Vitamin A: 634.53IU (12.69%), Phosphorus: 123.15mg (12.32%), Magnesium: 47.21mg (11.8%), Vitamin

C: 9.21mg (11.16%), Vitamin B3: 2.15mg (10.77%), Manganese: 0.21mg (10.68%), Fiber: 2.62g (10.48%), Potassium: 362.43mg (10.36%), Vitamin B5: 0.93mg (9.32%), Vitamin B6: 0.13mg (6.69%), Vitamin B2: 0.11mg (6.38%), Zinc: 0.63mg (4.18%), Iron: 0.67mg (3.75%), Copper: 0.07mg (3.62%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.32µg (2.12%), Selenium: 1.43µg (2.04%), Calcium: 19.7mg (1.97%), Vitamin K: 1.38µg (1.31%)