



Creamed Corn



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 4 cups ears corn
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons shallots yellow finely chopped
- ☐ 0.4 teaspoon salt
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 cup half and half
- ☐ 4 servings parsley fresh chopped (for garnish)

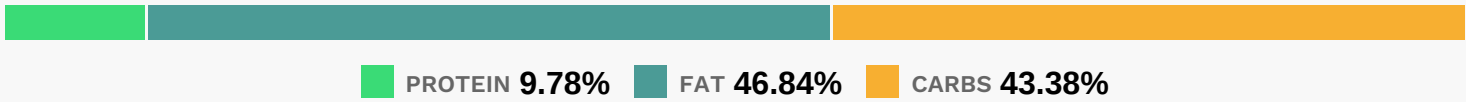
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ knife
- ☐ cutting board

Directions

- ☐ Remove the corn kernels: Set an ear of corn on a cutting board, and working from the thick to the narrow end, cut off 2 rows of kernels. Turn and cut off 2 or 3 more rows. Continue in this way until all the kernels are off all the cobs.
- ☐ Alternatively, use a corn scraper. Set the cobs on a rimmed baking sheet to keep the kernels from flying all over the place when you remove the kernels.
- ☐ Scrape the cob to release the creamy milk: After you have removed the kernels, hold one cob over the pile of corn on the cutting board or baking sheet, and use the back of the knife to rub across it, going back and forth, to release the pulpy corn milk. Repeat with all the ears. The starchy liquid of the corn milk adds creaminess to the kernels.
- ☐ Cook the corn: In a large skillet over medium heat, melt the butter.
- ☐ Add the shallots or onions and cook, stirring often, for 3 to 4 minutes, or until the shallots soften but are not brown.
- ☐ Add the corn, corn milk, salt, pepper, and half and half.
- ☐ Cook, stirring often, for 5 minutes, or until the kernels are tender and the corn looks creamy and slightly thickened. If it seems dry, stir in more cream or water, 1 tablespoon at a time. Taste and add more salt and pepper, if you like.
- ☐ Transfer to a serving bowl and serve hot, garnished with chopped herbs.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:12.768695704315%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 257.74kcal (12.89%), Fat: 14.63g (22.51%), Saturated Fat: 8.33g (52.05%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 27.35g (9.94%), Sugar: 11.83g (13.14%), Cholesterol: 36.22mg (12.07%), Sodium: 279.89mg (12.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.75%), Vitamin K: 67.43µg (64.22%), Vitamin A: 997.65IU (19.95%), Vitamin C: 16.09mg (19.51%), Phosphorus: 192.07mg (19.21%), Folate: 69.97µg (17.49%), Vitamin B1: 0.25mg (16.6%), Magnesium: 62.45mg (15.61%), Potassium: 503.38mg (14.38%), Vitamin B3: 2.69mg (13.47%), Manganese: 0.26mg (12.93%), Fiber: 3.13g (12.53%), Vitamin B5: 1.25mg (12.45%), Vitamin B2: 0.2mg (12.05%), Vitamin B6: 0.18mg (8.75%), Calcium: 76.4mg (7.64%), Zinc: 0.96mg (6.41%), Iron: 1.05mg (5.84%), Copper: 0.09mg (4.69%), Selenium: 2.91µg (4.16%), Vitamin E: 0.45mg (2.98%), Vitamin B12: 0.13µg (2.11%)