



Creamed Corn

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



159 kcal

SIDE DISH

Ingredients

- 14 oz regular corn cream-style canned
- 10 oz kernel corn whole frozen thawed
- 2 oz philadelphia cream cheese cubed ()
- 0.3 cup green onions sliced
- 2 Tbsp milk
- 0.5 cup sharp cheddar cheese shredded kraft

Equipment

- sauce pan

Directions

- Cook cream cheese and milk in medium saucepan on medium heat until cream cheese is completely melted and mixture is well blended, stirring frequently.
- Stir in cream-style and whole kernel corn; cook 4 min. or until heated through, stirring occasionally.
- Spoon into serving dish; sprinkle with cheddar and onions.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:5.0491304708564%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 158.86kcal (7.94%), Fat: 7.58g (11.66%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 19.52g (6.51%), Net Carbohydrates: 18.58g (6.76%), Sugar: 2.89g (3.21%), Cholesterol: 19.56mg (6.52%), Sodium: 343.71mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Folate: 48.53µg (12.13%), Vitamin K: 11.94µg (11.37%), Phosphorus: 113.45mg (11.35%), Calcium: 88.82mg (8.88%), Vitamin B2: 0.12mg (6.87%), Vitamin A: 333.71IU (6.67%), Zinc: 0.92mg (6.12%), Vitamin C: 4.56mg (5.53%), Selenium: 3.87µg (5.53%), Magnesium: 21.55mg (5.39%), Potassium: 186.01mg (5.31%), Vitamin B3: 1.05mg (5.26%), Manganese: 0.08mg (4.13%), Fiber: 0.94g (3.75%), Vitamin B6: 0.06mg (3%), Copper: 0.06mg (2.93%), Iron: 0.46mg (2.57%), Vitamin B12: 0.15µg (2.46%), Vitamin B5: 0.23mg (2.35%), Vitamin B1: 0.03mg (2.25%), Vitamin E: 0.23mg (1.54%)