



Creamed Corn Gratin with Fried Onion Rings and Bacon

READY IN



45 min.

SERVINGS



12

CALORIES



358 kcal

SIDE DISH

Ingredients

- 0.3 cup flour
- 6 slices bacon chopped
- 1.5 cups bread fresh french crustless
- 2 tablespoons butter ()
- 0.3 teaspoon ground pepper
- 8 cups corn kernels frozen (2 pounds 6 ounces)
- 10 spring onion chopped
- 1 large onion chopped

- 3 tablespoons quick-cooking grits
- 1 large onion red thinly sliced into rounds
- 0.5 cup vegetable oil ()
- 1 cup whipping cream
- 2 cups milk whole

Equipment

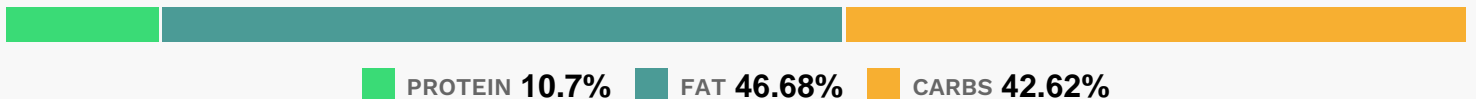
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- pot
- slotted spoon
- glass baking pan

Directions

- Preheat oven to 350°F.
- Spread breadcrumbs on rimmed baking sheet.
- Bake until lightly toasted, about 10 minutes.
- Sauté bacon in large skillet over medium heat until crisp. Using slotted spoon, transfer bacon to paper towels.
- Transfer 2 tablespoons bacon drippings to heavy large pot; reserve for creamed corn. Discard remaining drippings.
- Place flour in medium bowl.
- Sprinkle with salt and pepper. Separate red onion slices into rings and toss in flour to coat lightly.
- Heat 1/2 cup oil in same large skillet over medium-high heat. Working in batches, add onion rings to skillet and cook until golden brown, adding more oil as needed, about 2 minutes per side.

- Transfer onion rings to paper towels.
- Mix breadcrumbs, bacon, onion rings, and half of green onions in clean medium bowl.
- Sprinkle topping with salt and pepper.
- Butter 13x9x2-inch glass baking dish.
- Add butter to pot with reserved bacon drippings; melt over medium-high heat.
- Add chopped onion; sauté until light golden and beginning to soften, about 6 minutes.
- Add frozen corn; sauté 5 minutes.
- Add milk and cream; bring to boil. Gradually stir in grits and cayenne pepper. Reduce heat and simmer until mixture thickens slightly, about 3 minutes.
- Remove from heat. Stir in cheese and remaining green onions. Season with salt and pepper.
- Transfer creamed corn to prepared dish. (Topping and corn can be made 1 day ahead. Cover separately and chill.)
- Preheat oven to 350°F.
- Bake gratin uncovered 25 minutes.
- Sprinkle topping over; bake until topping is slightly crisp and creamed corn thickens and is heated through, about 20 minutes longer.

Nutrition Facts



Properties

Glycemic Index:28.31, Glycemic Load:10.79, Inflammation Score:-6, Nutrition Score:12.687826052956%

Flavonoids

Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 358.09kcal (17.9%), Fat: 19.33g (29.73%), Saturated Fat: 8.76g (54.73%), Carbohydrates: 39.7g (13.23%), Net Carbohydrates: 35.47g (12.9%), Sugar: 10.28g (11.42%), Cholesterol: 39.57mg (13.19%), Sodium: 475.25mg (20.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.94%), Manganese: 0.55mg (27.71%), Vitamin K: 26.54µg (25.28%), Folate: 87.22µg (21.8%), Selenium: 14.12µg (20.18%), Vitamin B2: 0.31mg (18.5%), Vitamin B1:

0.28mg (18.44%), Vitamin B3: 3.65mg (18.26%), Phosphorus: 175.43mg (17.54%), Fiber: 4.22g (16.89%), Vitamin A: 587.07IU (11.74%), Calcium: 117.33mg (11.73%), Iron: 1.87mg (10.4%), Potassium: 355.64mg (10.16%), Magnesium: 40.19mg (10.05%), Vitamin B5: 0.95mg (9.54%), Vitamin B6: 0.18mg (8.79%), Zinc: 1.13mg (7.52%), Vitamin C: 5.44mg (6.6%), Copper: 0.11mg (5.59%), Vitamin D: 0.81µg (5.39%), Vitamin B12: 0.31µg (5.17%), Vitamin E: 0.68mg (4.54%)