



Creamed Corn with Jalapenos

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



609 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 shallots minced
- 1 jalapeno minced for less heat (discard seeds)
- 20 ounce corn kernels
- 0.5 cup cup heavy whipping cream
- 0.3 cup water
- 2 ounces monterrey jack cheese grated
- 0.5 teaspoon salt

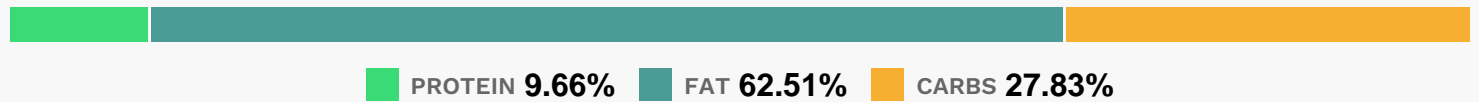
Equipment

- food processor
- frying pan
- blender

Directions

- Melt butter in a heated large straight-sided skillet over medium heat.
- Add shallot and jalapeno.
- Saute for 2 minutes.
- Puree 1/2 bag of corn in food processor or blender.
- Add pureed corn and remaining frozen corn to pan.
- Add cream, water, and cheese. Stir and cook until cheese is melted, about 2 to 3 minutes. Season with salt and serve warm.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:15.255217220472%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 609.4kcal (30.47%), Fat: 44.92g (69.11%), Saturated Fat: 27g (168.74%), Carbohydrates: 44.99g (15%), Net Carbohydrates: 38.72g (14.08%), Sugar: 15.75g (17.5%), Cholesterol: 122.57mg (40.86%), Sodium: 1442.4mg (62.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.25%), Vitamin A: 1646.05IU (32.92%), Phosphorus: 303.47mg (30.35%), Folate: 118.94µg (29.73%), Vitamin B2: 0.49mg (28.64%), Calcium: 269.63mg (26.96%), Fiber: 6.27g (25.06%), Manganese: 0.37mg (18.58%), Vitamin C: 14.19mg (17.21%), Vitamin B3: 3.02mg (15.1%), Potassium: 516.29mg (14.75%), Magnesium: 53.04mg (13.26%), Zinc: 1.98mg (13.19%), Vitamin B5: 1.29mg (12.91%), Selenium: 7.92µg (11.31%), Vitamin B6: 0.22mg (11.05%), Vitamin E: 1.46mg (9.71%), Vitamin B1: 0.13mg (8.8%), Vitamin D: 1.12µg (7.48%), Iron: 1.2mg (6.69%), Copper: 0.13mg (6.51%), Vitamin B12: 0.35µg (5.91%), Vitamin

K: 4.99 μ g (4.75%)