



Creamed Corn with Roasted Red Peppers and Bacon



Gluten Free



Popular

READY IN



20 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 slices bacon crumbled cooked
- ☐ 4 cups regular corn fresh ()
- ☐ 0.3 cup green onions
- ☐ 4 ounces cream cheese light room temperature
- ☐ 1 cup milk
- ☐ 0.5 cup roasted pepper diced red

☐ 8 servings salt to taste

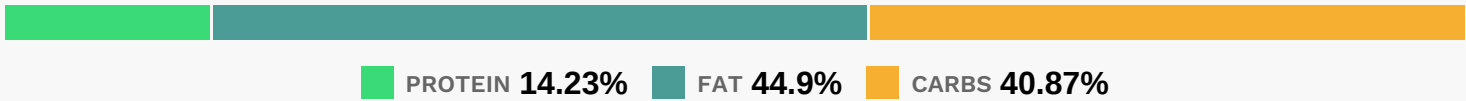
Equipment

☐ frying pan

Directions

- ☐ Melt the butter in a pan over medium heat, add the corn and cream cheese, stir until the cream cheese has melted.
- ☐ Mix in the milk, roasted red pepper, bacon and green onions and cook until hot, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:8.4226086865301%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 161.89kcal (8.09%), Fat: 8.74g (13.45%), Saturated Fat: 4.44g (27.76%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 15.73g (5.72%), Sugar: 7.11g (7.9%), Cholesterol: 22.8mg (7.6%), Sodium: 283.94mg (12.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.47%), Vitamin A: 1261.03IU (25.22%), Phosphorus: 142mg (14.2%), Vitamin C: 11.11mg (13.47%), Vitamin B1: 0.17mg (11.21%), Potassium: 358.99mg (10.26%), Vitamin B3: 1.99mg (9.97%), Folate: 38.77µg (9.69%), Magnesium: 37.56mg (9.39%), Manganese: 0.18mg (9.04%), Vitamin B6: 0.18mg (9.02%), Fiber: 2.18g (8.72%), Vitamin K: 8.78µg (8.37%), Vitamin B2: 0.14mg (8.36%), Vitamin B5: 0.81mg (8.08%), Calcium: 70.02mg (7%), Vitamin B12: 0.34µg (5.74%), Selenium: 3.87µg (5.52%), Vitamin E: 0.82mg (5.44%), Zinc: 0.74mg (4.95%), Iron: 0.71mg (3.96%), Copper: 0.07mg (3.48%), Vitamin D: 0.39µg (2.63%)