



Creamed Silver Queen Corn



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 13 ears corn fresh
- ☐ 1 cup milk
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted

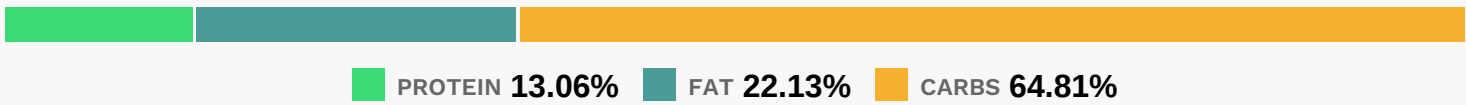
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Remove silks from corn. Use a corn cutter and creamer set over a bowl to cut and cream the kernels from the cobs.
- ☐ Transfer creamed corn to a large skillet.
- ☐ Add milk and next 2 ingredients. Cook over low heat, stirring often, 30 minutes. (If corn becomes too thick, add more milk until desired consistency.)
- ☐ Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:8.0282607881919%

Nutrients (% of daily need)

Calories: 156.7kcal (7.84%), Fat: 4.37g (6.72%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 25.86g (9.4%), Sugar: 10.62g (11.8%), Cholesterol: 7.42mg (2.47%), Sodium: 179.07mg (7.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin B1: 0.24mg (16.26%), Phosphorus: 161.44mg (16.14%), Folate: 61.48µg (15.37%), Magnesium: 57.86mg (14.47%), Vitamin B3: 2.62mg (13.11%), Potassium: 441.49mg (12.61%), Manganese: 0.24mg (12.2%), Vitamin C: 9.94mg (12.05%), Fiber: 2.93g (11.73%), Vitamin B5: 1.16mg (11.65%), Vitamin B6: 0.15mg (7.74%), Vitamin A: 366.8IU (7.34%), Vitamin B2: 0.12mg (7.25%), Zinc: 0.8mg (5.33%), Iron: 0.77mg (4.25%), Calcium: 41.09mg (4.11%), Copper: 0.08mg (4%), Vitamin B12: 0.17µg (2.79%), Vitamin D: 0.36µg (2.41%), Selenium: 1.48µg (2.11%), Vitamin E: 0.16mg (1.06%)