



Creamy Corn with Chives

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon cornstarch
- 4 ears corn
- 2 tablespoons chives fresh minced
- 1 teaspoon kosher salt
- 0.3 cup onion finely chopped
- 2 tablespoons butter unsalted
- 0.3 cup water

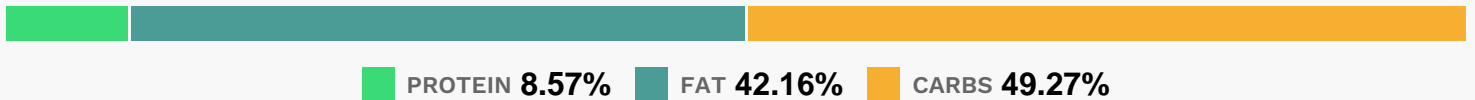
Equipment

- food processor
- bowl
- sauce pan
- knife
- sieve

Directions

- Working over a shallow bowl, cut off corn kernels, then scrape each cob with a knife to extract juice. Discard cobs.
- Purée 2 cups kernels, reserving remainder, and all of juice in a food processor 2 minutes, scraping down sides. Force through a fine sieve into a bowl and discard solids. Stir in salt, cornstarch, and sugar.
- Cook onion in butter in a saucepan over moderately low heat, stirring frequently, until softened.
- Add reserved kernels and water and simmer briskly, covered, stirring occasionally, until corn is crisp-tender, 4 to 5 minutes.
- Stir corn purée again, then stir into kernels. Bring to a boil, stirring, and simmer, stirring, until thickened, about 2 minutes. (If desired, thin with water.) Season with pepper and stir in chives.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:5.1678260700858%

Flavonoids

Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 133.47kcal (6.67%), Fat: 6.91g (10.64%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 16.16g (5.88%), Sugar: 6.09g (6.77%), Cholesterol: 15.05mg (5.02%), Sodium: 597.1mg (25.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.33%), Folate: 41.49µg (10.37%), Vitamin B1: 0.15mg

(9.71%), Vitamin C: 7.73mg (9.37%), Magnesium: 35.29mg (8.82%), Phosphorus: 85.6mg (8.56%), Manganese: 0.17mg (8.36%), Vitamin A: 408.73IU (8.17%), Vitamin B3: 1.62mg (8.09%), Fiber: 2.01g (8.04%), Potassium: 263.85mg (7.54%), Vitamin B5: 0.67mg (6.7%), Vitamin B6: 0.1mg (4.9%), Vitamin K: 3.99µg (3.8%), Vitamin B2: 0.06mg (3.31%), Zinc: 0.45mg (3%), Copper: 0.06mg (2.99%), Iron: 0.52mg (2.9%), Vitamin E: 0.23mg (1.54%)