



Creamy Corn with Sugar Snap Peas and Scallions



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



16

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon pepper black
- ☐ 12 ears corn
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon kosher salt
- ☐ 2 bunches scallions white green thinly sliced (and pale parts only)
- ☐ 3 lb sugar snap peas trimmed

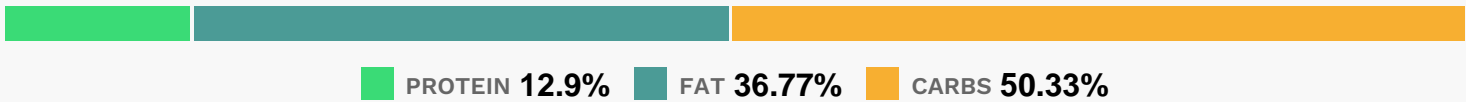
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Cook sugar snaps in 6 batches in an 8-quart pot of boiling salted water until crisp-tender, about 1 minute (return to a boil between batches).
- ☐ Transfer with a slotted spoon to a large bowl of ice and cold water to stop cooking.
- ☐ Drain sugar snaps and pat dry with paper towels.
- ☐ Cook corn in 2 batches in same pot of boiling water until just tender, about 3 minutes (return to a boil between batches).
- ☐ Transfer to bowl of ice and cold water to stop cooking.
- ☐ Drain corn and pat dry with paper towels.
- ☐ Cut off kernels and discard cobs.
- ☐ Just before serving, boil cream and scallions in a wide 6- to 8-quart heavy pot over high heat until slightly thickened, about 2 minutes.
- ☐ Add sugar snaps, corn, salt, and pepper and cook, tossing, until vegetables are coated and heated through, about 2 minutes.
- ☐ · Sugar snaps and corn can be cooked 1 day ahead and chilled separately in sealed plastic bags lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.09, Inflammation Score:-8, Nutrition Score:12.84478257143%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 146.25kcal (7.31%), Fat: 6.47g (9.95%), Saturated Fat: 3.68g (23%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 16.19g (5.89%), Sugar: 8.13g (9.04%), Cholesterol: 16.81mg (5.6%), Sodium: 454.13mg (19.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.21%), Vitamin C: 56.27mg (68.21%), Vitamin K: 28.76µg (27.39%), Vitamin A: 1301.33IU (26.03%), Manganese: 0.37mg (18.57%), Folate: 66.65µg (16.66%), Vitamin B1: 0.24mg (15.82%), Fiber: 3.73g (14.94%), Iron: 2.22mg (12.33%), Magnesium: 47.68mg (11.92%), Vitamin B5: 1.17mg (11.67%), Phosphorus: 115.48mg (11.55%), Potassium: 379.83mg (10.85%), Vitamin B6: 0.21mg (10.35%), Vitamin B3: 1.73mg (8.67%), Vitamin B2: 0.14mg (8.01%), Copper: 0.11mg (5.65%), Calcium: 51.83mg (5.18%), Zinc: 0.59mg (3.95%), Vitamin E: 0.54mg (3.57%), Selenium: 1.48µg (2.12%), Vitamin D: 0.24µg (1.59%)