



## Creamy Fried Confetti Corn

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

SIDE DISH

### Ingredients

- ☐ 8 slices bacon chopped
- ☐ 4 cups corn kernels fresh sweet ( 8 ears)
- ☐ 8 ounce cream cheese cubed
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.5 cup half-and-half
- ☐ 1 teaspoon pepper
- ☐ 0.3 cup bell pepper red chopped
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 1 medium size onion white chopped

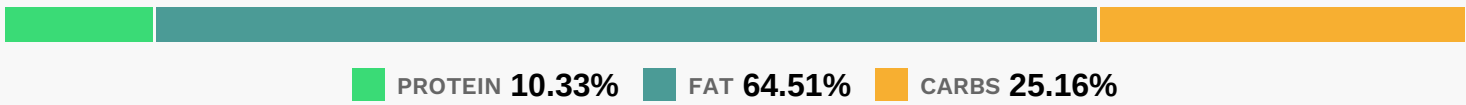
## Equipment

- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Cook chopped bacon in a large skillet until crisp; remove bacon, and drain on paper towels, reserving 2 tablespoons drippings in skillet. Set bacon aside.
- ☐ Saut corn, onion, and bell peppers in hot drippings in skillet over medium-high heat 6 minutes or until tender.
- ☐ Add cream cheese and half-and-half, stirring until cream cheese melts. Stir in sugar, salt, and pepper. Top with bacon.

## Nutrition Facts



## Properties

Glycemic Index:24.76, Glycemic Load:1.18, Inflammation Score:-6, Nutrition Score:8.347391307354%

## Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

## Nutrients (% of daily need)

Calories: 284.04kcal (14.2%), Fat: 21.25g (32.7%), Saturated Fat: 9.97g (62.29%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 16.68g (6.06%), Sugar: 7.72g (8.58%), Cholesterol: 48.45mg (16.15%), Sodium: 546.48mg (23.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.31%), Vitamin C: 19.02mg (23.06%), Vitamin A: 796.99IU (15.94%), Phosphorus: 148.15mg (14.81%), Vitamin B1: 0.2mg (13.18%), Vitamin B3: 2.32mg (11.6%), Selenium: 7.87µg (11.24%), Vitamin B6: 0.2mg (9.93%), Folate: 39.59µg (9.9%), Potassium: 344.13mg (9.83%), Vitamin B2: 0.16mg (9.62%), Manganese: 0.19mg (9.44%), Magnesium: 36.7mg (9.18%), Vitamin B5: 0.89mg (8.93%), Fiber: 1.98g (7.93%), Zinc: 0.84mg (5.63%), Calcium: 51.74mg (5.17%), Vitamin E: 0.55mg (3.69%), Copper: 0.07mg (3.45%), Iron: 0.61mg (3.39%), Vitamin B12: 0.2µg (3.35%), Vitamin K: 2.24µg (2.13%)