



Creamy Skillet Corn

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 2 cups corn kernels frozen
- 1 pinch ground nutmeg
- 4 servings salt to taste
- 0.3 cup shallots minced
- 1 pinch sugar
- 2 tablespoons water
- 0.5 cup whipping cream

Equipment

frying pan

Directions

Melt butter in a large skillet over medium heat.

Add shallots and sugar, and saute for 2 to 3 minutes. Stir in corn and water, and cook until tender, about 5 minutes. Gradually stir in cream, and cook until cream is reduced and sauce thickens, about 8 minutes. Season with nutmeg, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:55.02, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:4.6382608776507%

Nutrients (% of daily need)

Calories: 244.3kcal (12.21%), Fat: 20.36g (31.33%), Saturated Fat: 12.51g (78.17%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 13.27g (4.82%), Sugar: 6g (6.67%), Cholesterol: 56.19mg (18.73%), Sodium: 439.63mg (19.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Vitamin A: 737.47IU (14.75%), Folate: 37.06µg (9.27%), Fiber: 2.17g (8.66%), Vitamin B2: 0.14mg (7.98%), Manganese: 0.14mg (7.24%), Phosphorus: 66.9mg (6.69%), Potassium: 189.33mg (5.41%), Vitamin B6: 0.09mg (4.62%), Vitamin B3: 0.88mg (4.38%), Vitamin B5: 0.42mg (4.21%), Magnesium: 16.6mg (4.15%), Vitamin E: 0.6mg (3.98%), Vitamin C: 2.68mg (3.25%), Vitamin D: 0.48µg (3.17%), Vitamin B1: 0.05mg (3.1%), Calcium: 30.89mg (3.09%), Zinc: 0.41mg (2.73%), Iron: 0.44mg (2.44%), Selenium: 1.67µg (2.39%), Copper: 0.05mg (2.36%), Vitamin K: 1.81µg (1.72%), Vitamin B12: 0.07µg (1.09%)