



Daddy K's Milk Boiled Corn on the Cob

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 8 ears corn on the cob
- 0.3 cup heavy whipping cream
- 1 cup milk
- 0.3 cup sugar white to taste

Equipment

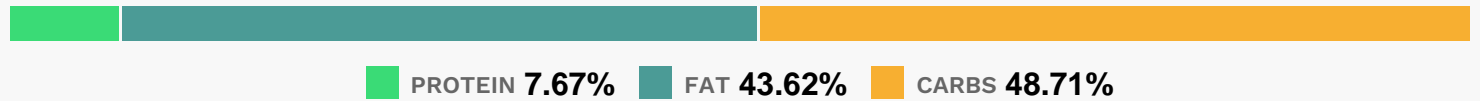
- pot
- aluminum foil

tongs

Directions

- Bring water to a boil in a large stock pot; stir in milk, sugar, cream, and butter until sugar dissolves and butter melts. Gently place ears of corn into the mixture and reduce heat to low. Simmer corn until tender, 7 to 8 minutes.
- Remove from the liquid with tongs and set aside under aluminum foil until serving time.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:6.36, Inflammation Score:-5, Nutrition Score:5.851739116337%

Nutrients (% of daily need)

Calories: 203.93kcal (10.2%), Fat: 10.66g (16.39%), Saturated Fat: 6.22g (38.85%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 24.97g (9.08%), Sugar: 15.64g (17.38%), Cholesterol: 27.32mg (9.11%), Sodium: 72.79mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Phosphorus: 116.92mg (11.69%), Vitamin B1: 0.16mg (10.56%), Vitamin A: 504.31IU (10.09%), Folate: 38.31µg (9.58%), Magnesium: 37.62mg (9.41%), Potassium: 297.68mg (8.51%), Vitamin B3: 1.63mg (8.16%), Vitamin B5: 0.79mg (7.86%), Vitamin C: 6.16mg (7.47%), Manganese: 0.15mg (7.42%), Fiber: 1.8g (7.2%), Vitamin B2: 0.11mg (6.45%), Vitamin B6: 0.11mg (5.26%), Calcium: 46.01mg (4.6%), Zinc: 0.56mg (3.76%), Vitamin B12: 0.19µg (3.14%), Vitamin D: 0.45µg (3.03%), Iron: 0.48mg (2.67%), Copper: 0.05mg (2.52%), Selenium: 1.46µg (2.09%), Vitamin E: 0.31mg (2.08%), Vitamin K: 1.1µg (1.04%)